



La Bonne Cuisine Catering
301 West 118th Street • Suite 8b
New York, NY 10026
Tel. 914 • 714 • 5860



Middle School

Lunch Menu



from 9/6/18 to 9/28/18

Dessert is either a choice between a Fresh Fruits or an Organic Yogurt (or an Apple Sauce occasionally)

Tuesday	Wednesday	Thursday	Friday
4	5	6	7
No Lunch	No Lunch	Moroccan Couscous w/ Chicken, Carrot, Cabbage and Turnips Green Salad Vegetarian Couscous with Fish	Salade du Chef w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice
11	12	13	14
Boeuf Bourguignon w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	Croque Monsieur String Bean & Tomato Salad Green Salad	Chicken Stir Fry w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Baked Fish Filet in Homemade Tomato Sauce Quinoa Organic Tomatoes & Cucumber Salad Sauteed String Beans
18	19	20	21
Meat Balls w/ Garden Vegies Pasta Spinach Salad Fish Balls w/ Garden Vegies	Salad Bar w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted breads w/ assorted vegetables	Chicken Curry Rice Broccoli Green Salad Fish Curry	Salade Niçoise w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous
25	26	27	28
Herb-Crusted Roast Beef Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Herb Roasted Chicken Quinoa Mixed Vegetables Green Salad	Chicken Nuggets Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad

