



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



PreSchool

Lunch Menu



from 1/7/19 to 2/1/19

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

Monday	Tuesday	Thursday	Friday
Smoked Turkey Slices 7 Mashed Potatoes Green Peas Green Salad	Pasta Bolognese 8 Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans Pasta With Salmon Bolognese	Moroccan Couscous 10 w/ Chicken, Carrot, Cabbage and Turnips Green Salad Vegetarian Couscous with Fish	Salade du Chef 11 w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice Sweet Potato and Carrot Soup
Honey Roasted Chicken 14 Rice Broccoli Green Salad	Bœuf Bourguignon 15 w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	Chicken Stir Fry 17 w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Baked Fish Filet in Homemade Tomato Sauce 18 Quinoa Organic Tomatoes & Cucumber Salad Sauteed String Beans Potato and Leek Soup
School Closed 21	Meat Balls w/ Garden Vegies 22 Pasta Spinach Salad Fish Balls w/ Garden Vegies	Chicken Curry 24 Rice Broccoli Green Salad Fish Curry	Salade Niçoise 25 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous Mixed Vegetable Soup
Herb Roasted Chicken 28 Quinoa Mixed Vegetables Green Salad	Herb-Crusted Roast Beef 29 Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Chicken Nuggets 31 Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey 1 Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad Lentil Soup

