



La Bonne Cuisine Catering  
 301 West 118th Street • Suite 8b  
 New York, NY 10026  
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# PreSchool Lunch Menu



from 3/5/19 to 3/29/19

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

Monday	Tuesday	Thursday	Friday
Meat Balls w/ Garden Vegies 4 Couscous Roasted Vegetable Melody (Turnips, Carrots, Cabbage) Green Salad	Bœuf Bourguignon 5 w/ Organic Carrots and Mushrooms in Light Tomato Jus Rice Green Salad Lentil Stew	Honey Roasted Chicken 7 Mashed Potatoes and Sweet Potatoes Sautéed String Beans Green Salad Quinoa with Sautéed Greens & Black Beans	Smoked Turkey 8 Pasta Marinara Mixed Green Salad with Tomatoes and Cucumbers Broccoli Soup
Herb Roasted Chicken 11 Mashed Potatoes Cream of Spinach Green Salad	Pasta Bolognese 12 Mixed Green Salad with Tomatoes and Cucumbers Broccoli Slaw with Carrot & Ginger Dressing Pasta With Salmon Bolognese	Chicken Curry 14 Quinoa Broccoli Green Salad Fish Curry	Fish Tacos 15 w/ Fish, Red Peppers, Tomatoes, Onions and Cilantro Rice Green Salad Mushroom Soup
Honey Roasted Chicken 18 Quinoa Spinach and Tomato Salad	Hachis Parmentier 19 Green Salad Organic Carrot Salad Baked Fish w/ Tomato Sauce	Chicken Parmigiana 21 Rice Sautéed String Beans Tomato & Cucumber Salad Ratatouille & Scrambled Eggs	Salade Niçoise 22 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous Sweet Potato and Carrot Soup
Chicken Parmigiana 25 Mashed Potatoes Sautéed String Beans Green Salad	Meat Balls w/ Garden Vegies 26 Rice Spinach and Tomato Salad Fish Balls w/ Garden Vegies	Chicken Fajitas 28 w/ Chicken, Green and Red Peppers, Onions and Tomatoes Rice Green Salad Fish Fajitas	Smoked Turkey Slices 29 Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad Mixed Vegetable Soup



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