



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



from 11/5/18 to 11/30/18

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

Monday	Tuesday	Thursday	Friday
Chicken Parmigiana 5 Rice Spinach and Tomato Salad	Hachis Parmentier 6 Green Salad Organic Carrot Salad Sauteed Spinach Ratatouille & Scrambled Eggs	Herb Roasted Chicken 8 Rice Broccoli Slaw with Carrot & Ginger Dressing Green Salad Lentil Stew	Salade du Chef 9 w/ Smoked Turkey, Cheese, Green Salad, Tomatoes and Cucumbers Roasted Vegetable Melody (Turnips, Carrots, Cabbage) Sweet Potato and Carrot Soup
Salade Niçoise 12 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Roasted Vegetable Melody (Turnips, Carrots, Cabbage) Quinoa	Classic Lasagna 13 Mixed Green Salad with Tomatoes and Cucumbers Sauteed Spinach Fish Lasagna	Chicken Nuggets 15 Mashed Potatoes and Sweet Potatoes Sauteed String Beans Organic Carrot Salad Vegetarian Nuggets	Fish Tacos 16 w/ Fish, Red Peppers, Tomatoes, Onions and Cilantro Rice Green Salad Mushroom Soup
Smoked Turkey 19 Mashed Potatoes Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans	20 Thanksgiving lunch offered by Parents	22 School Closed	23 School Closed
Herb Roasted Chicken 26 Rice Broccoli Tomato & Cucumber Salad	Meat Balls w/ Garden Vegies 27 Couscous Spinach and Tomato Salad Fish Balls w/ Garden Vegies	Chicken Stir Fry 29 w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Smoked Turkey Slices 30 Baked Ziti Green Salad w/ Organic Carrots Mixed Vegetable Soup

