



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



PreSchool Lunch Menu



from 10/1/18 to 10/26/18

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

Monday	Tuesday	Thursday	Friday
Roasted Turkey 1 Mashed Potatoes Cream of Spinach	Pasta Bolognese 2 Mixed Green Salad with Tomatoes and Cucumbers Broccoli Pasta With Salmon Bolognese	Chicken Paella 4 w/ Sausage, Green and Red Peppers, Carrots, and String Beans Green Salad Fish Paella with Black Beans	Salade Niçoise 5 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous
School Closed 8	Classic Lasagna 9 Mixed Green Salad with Tomatoes and Cucumbers Sautéed Spinach Fish Lasagna	Chicken Parmigiana 11 Rice String Bean & Tomato Salad Lentil Stew	Baked Fish Filet in Homemade Tomato Sauce 12 Mashed Potatoes Sautéed Spinach
Honey Roasted Chicken 15 Rice Green Salad	Bœuf à la Marius 16 Orzo Sautéed String Beans Green Salad Baked Fish w/ Tomato Sauce	Chicken Fajitas 18 w/ Tomatoes, Onions, Green and Red Peppers in Sweet Paprika Sauce Rice Green Salad Fish Fajitas	Fish Curry 19 Quinoa Mixed Green Salad with Tomatoes and Cucumbers Sweet Potato and Carrot Soup
Chicken Parmigiana 22 Pasta Sautéed String Beans Green Salad	Meat Balls w/ Garden Vegies 23 Rice Mixed Green Salad with Tomatoes and Cucumbers Fish Balls w/ Garden Vegies	Herb Roasted Chicken 25 Mashed Potatoes and Sweet Potatoes Broccoli Green Salad Baked Fish w/ Tomato Sauce	Cheese Tortellini 26 Smoked Turkey Sautéed String Beans Tomato & Cucumber Salad Mixed Vegetable Soup



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