



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



# PreSchool 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)

Monday	Tuesday	Thursday	Friday
3	4	6	7
School Closed	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
10	11	13	14
Honey Roasted Chicken Rice Broccoli Green Salad	Bœuf Bourguignon w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	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
17	18	20	21
Smoked Turkey Potatoes Sauteed String Beans Green Salad	Meat Balls w/ Garden Vegies Pasta Spinach Salad Fish Balls w/ Garden Vegies	Chicken Curry Rice Broccoli Green Salad Fish Curry	Salade Niçoise w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous
24	25	27	28
Herb Roasted Chicken Quinoa Mixed Vegetables Green Salad	Herb-Crusted Roast Beef Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Chicken Nuggets Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad



La Bonne Cuisine Catering

