



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



Elementary School

Lunch Menu



from 10/1/19 to 10/25/19

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

Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese 1 Mixed Green Salad with Tomatoes and Cucumbers Broccoli Pasta With Salmon Bolognese	No Lunch	Chicken Paella 3 w/ Sausage, Green and Red Peppers, Carrots, and String Beans Green Salad Fish Paella with Black Beans	Salade Niçoise 4 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Potatoes
Classic Lasagna 8 Mixed Green Salad with Tomatoes and Cucumbers Sautéed Spinach Fish Lasagna	No Lunch	Chicken Parmigiana 10 Rice String Bean & Tomato Salad Lentil Stew	Baked Fish Filet in Homemade Tomato Sauce 11 Mashed Potatoes Sautéed Spinach
Boeuf à la Marius 15 Orzo Sautéed String Beans Green Salad Baked Fish w/ Tomato Sauce	No Lunch	Chicken Fajitas 17 w/ Tomatoes, Onions, Green and Red Peppers in Sweet Paprika Sauce Rice Green Salad Fish Fajitas	Fish Curry 18 Couscous Mixed Green Salad with Tomatoes and Cucumbers Sweet Potato and Carrot Soup
Meat Balls w/ Garden Vegies 22 Rice Green Salad w/ Organic Carrots Fish Balls w/ Garden Vegies	No Lunch	Herb Roasted Chicken 24 Mashed Potatoes and Sweet Potatoes Broccoli Green Salad Baked Fish w/ Tomato Sauce	Cheese Tortellini 25 Smoked Turkey Sautéed String Beans Tomato & Cucumber Salad Mixed Vegetable Soup

