



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



Middle School

Lunch Menu



from 9/5/19 to 9/27/19

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

Tuesday	Wednesday	Thursday	Friday
3	4	5	6
No Lunch	No Lunch	Herb Roasted Chicken Pasta Ratatouille Green Salad Pasta With Fish Bolognese	Salade du Chef w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice
10	11	12	13
Boeuf Bourguignon w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	Croque Monsieur String Bean & Tomato Salad Green Salad	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 Couscous Organic Tomatoes & Cucumber Salad Sauteed String Beans
17	18	19	20
Meat Balls w/ Garden Vegies Pasta Spinach Salad Fish Balls w/ Garden Vegies	Salad Bar w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted breads w/ assorted vegetables	Chicken Curry Rice Broccoli Green Salad Fish Curry	Salade Niçoise w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Mashed Potatoes
24	25	26	27
Herb-Crusted Roast Beef Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Herb Roasted Chicken Quinoa Mixed Vegetables Green Salad	Chicken Nuggets Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad

