



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



# Middle 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	Roasted Turkey 2 Mashed Potatoes Cream of Spinach	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	Croque Monsieur 9 Mixed Green Salad with Tomatoes and Cucumbers Spinach and Tomato Salad	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	Salad Bar 16 w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted vegetables w/ assorted breads	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	Pasta Bar 23 Pasta Sampling of Three Classical Recipes Mixed Green Salad with Tomatoes and Cucumbers Cream of Spinach	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

