



La Bonne Cuisine Catering  
 301 West 118th Street • Suite 8b  
 New York, NY 10026  
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# PreSchool Lunch Menu



from 9/30/19 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 30 Mashed Potatoes Cream of Spinach	Pasta Bolognese 1 Mixed Green Salad with Tomatoes and Cucumbers Broccoli  Pasta With Salmon Bolognese	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
Honey Roasted Chicken 7 Rice Green Peas Green Salad	Classic Lasagna 8 Mixed Green Salad with Tomatoes and Cucumbers Sauteed Spinach  Fish Lasagna	Chicken Parmigiana 10 Rice String Bean & Tomato Salad  Lentil Stew	Baked Fish Filet in Homemade Tomato Sauce 11 Mashed Potatoes Sauteed Spinach
School Closed 14	Bœuf à la Marius 16 Orzo Sauteed 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 Couscous Mixed Green Salad with Tomatoes and Cucumbers  Sweet Potato and Carrot Soup
Chicken Parmigiana 21 Pasta Sauteed String Beans Green Salad	Meat Balls w/ Garden Vegies 22 Rice Mixed Green Salad with Tomatoes and Cucumbers  Fish Balls w/ Garden Vegies	Herb Roasted Chicken 24 Mashed Potatoes and Sweet Potatoes Broccoli Green Salad Baked Fish w/ Tomato Sauce	Cheese Tortellini 25 Smoked Turkey Sauteed String Beans Tomato & Cucumber Salad Mixed Vegetable Soup

