



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



Middle School

Lunch Menu



from 1/7/20 to 1/31/20

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

Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese 7 Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans Pasta With Salmon Bolognese	Chicken Schnitzel 8 Mashed Potatoes Garden Vegetables Green Salad	Moroccan Couscous 9 w/ Chicken, Carrot, Cabbage and Turnips Green Salad Vegetarian Couscous with Fish	Salade du Chef 10 w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice Sweet Potato and Carrot Soup
Boeuf Bourguignon 14 w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	Croque Monsieur 15 String Bean & Tomato Salad Green Salad	Chicken Stir Fry 16 w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Baked Fish Filet in Homemade Tomato Sauce 17 Quinoa Organic Tomatoes & Cucumber Salad Sauteed String Beans Potato and Leek Soup
Meat Balls w/ Garden Veggies 21 Pasta Spinach Salad Fish Balls w/ Garden Veggies	Salad Bar 22 w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted breads w/ assorted vegetables	Chicken Curry 23 Rice Broccoli Green Salad Fish Curry	Salade Niçoise 24 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous Mixed Vegetable Soup
Herb-Crusted Roast Beef 28 Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Herb Roasted Chicken 29 Quinoa Mixed Vegetables Green Salad	Chicken Nuggets 30 Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey 31 Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad Lentil Soup



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