



**La Bonne Cuisine Catering**  
 301 West 118th Street • Suite 8b  
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# PreSchool Lunch Menu



**from 1/6/20 to 1/31/20**

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

Monday	Tuesday	Thursday	Friday
Smoked Turkey Slices 6 Rice Broccoli Green Salad	Pasta Bolognese 7 Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans Pasta With Salmon Bolognese	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
Honey Roasted Chicken 13 Rice Broccoli Green Salad	Bœuf Bourguignon 14 w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	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
School Closed 20	Meat Balls w/ Garden Vegies 21 Pasta Spinach Salad Fish Balls w/ Garden Vegies	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 Roasted Chicken 27 Quinoa Mixed Vegetables Green Salad	Herb-Crusted Roast Beef 28 Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	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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