

WEEK OF: Sept 2-5, Sept 22-26, Oct 13-17, Nov 3-7



 LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 1	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Boneless Butter Chicken Thigh Steamed Basmati Rice Petit Pois	Baked Multigrain Tilapia Fillets Creamy Mashed Potatoes Steamed Heirloom Carrots	(Suitable for Vegetarian) Whole Wheat Penne Pasta Basil Tomato and/or Alfredo Sauce Cheesy Garlic Knots Steamed Broccoli Florets Parmesan Cheese	Shaved Beef Bulgolgi Steamed Sticky Rice Baby Bok Choy	Lemon Herbs Chicken Breast Dina's Tzatziki Sauce Oven-Baked Steak Fries Vegetables Medley
		Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.				
	Options Available at Hot Meal Station	(Suitable for Vegetarian) Margherita Flatbread Pizza 	(Suitable for Vegetarian) Kale Puff Pastry Pinwheels with White Bean & Applewood Cheddar	Herb Roasted Chicken with Autumn Squash	(Suitable for Vegetarian) Plant-Based Seared Tips Bao Bun with Sriracha Char Siu Sauce	(Suitable for Vegetarian) Red Curry Pad Thai Stir-Fry with Crispy Tofu 
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Ham & Cheese Sourdough	Iceberg & Mesclun Salad Rainbow Salad Toppings Avocado Cucumber Tomato Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich  <i>Feature Sandwich</i> Grilled Chicken Panini	Romaine Heart & Arugula Rainbow Salad Toppings Antipasto Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich  <i>Feature Sandwich</i> BLT on Rye Bread	Iceberg & Mesclun Salad Rainbow Salad Toppings Roasted Butternut Squash Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich  <i>Feature Sandwich</i> Grilled Vegetable Wrap	Romaine Heart & Arugula Rainbow Salad Toppings Broccoli Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Salami & Havarti Multigrain Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Sourdough Reuben Sandwich
	Dessert	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Special Treats

NOTE: Milk and water are provided with every lunch

During every lunch period, each classroom gets a cold plate of crudites, cold cut turkey, assorted breads, sliced cheese and cream cheese