

| LAUREMONT LOWER SCHOOL AUTUMN MENU 2025 |                |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                        |
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| W<br>e<br>e<br>k<br><br>2               | Featuring:     | MONDAY                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                 |
|                                         | Soup           | Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                        |
|                                         | Main           | Chicken Breast Stir-Fry<br>Lo-mein Noodles<br>Chop Suey Vegetables<br>                                                                                                     | (Suitable for Vegetarian)<br>Whole Wheat Mac & Cheese<br>Assorted Bread Rolls<br>Mediterranean Roasted Vegetable<br>                                                                                                                                         | Chicken Tenders with Flaxseeds<br>Oven Baked Sweet Potato Wedges<br>Petit Pois with Sea Salt                                                                                                                                                                                                                                                         | Baked Haddock Fillets<br>Steamed Sticky Rice<br>Baby Bok Choy                                                                                                                                                                                                                                                                                       | Build-your-own Taco Bar<br>Seasoned Ground Turkey<br>W/ Wheat Tortilla & Corn Taco Shell<br>All the fixings                                                                                                                                            |
|                                         | Options        | (Suitable for Vegetarian)<br>Meatless Mapo Tofu Stew<br>with Aubergine<br>                                                                                                 | Maple Glazed Salmon Fillet<br>Steamed Brown Basmati Rice                                                                                                                                                                                                                                                                                      | (Suitable for Vegetarian)<br>Baked Vegetable Curry Puffs<br>with Lentil & Sweet Potatoes                                                                                                                                                                                                                                                             | (Suitable for Vegetarian)<br>Vegetable Lasagna with<br>Spinach and Ricotta Cheese                                                                                                                                                                                                                                                                   | (Suitable for Vegetarian)<br>Singapore Noodles Stir-Fry<br>with Mung Bean & Curry Tofu<br>                                                                          |
|                                         | Salad/Deli Bar | Romaine Heart & Arugula<br>Rainbow Salad Toppings<br>Crunchy Napa Salad<br>Crudites & Fresh Cut Fruits<br>Cream Cheese & W/Wheat Bagel<br>Turkey & Cheddar Multigrain Bread<br>Tuna Salad W/Wheat Sandwich<br>Feature Sandwich<br>Roasted Beef on Rye Bread | Iceberg & Mesclun Salad<br>Rainbow Salad Toppings<br>Sama's Specialty Salad<br>Crudites & Fresh Cut Fruits<br>Cream Cheese & Multigrain Bagel<br>Salami & Cheddar W/Wheat Bread<br>Egg Salad W/Wheat Sandwich<br>Feature Sandwich<br>BLT Sandwich Wrap<br> | Romaine Heart & Arugula<br>Rainbow Salad Toppings<br>Caprese Salad<br>Crudites & Fresh Cut Fruits<br>Cream Cheese & W/Wheat Bagel<br>Turkey & Cheddar W/Wheat Bread<br>Tuna Salad W/Wheat Sandwich<br>Feature Sandwich<br>Turkey, Brie & Cranberry Multigrain<br> | Iceberg & Mesclun Salad<br>Rainbow Salad Toppings<br>Artichoke & Lentil Salad<br>Crudites & Fresh Cut Fruits<br>Cream Cheese & Multigrain Bagel<br>Ham & Cheddar W/Wheat Bread<br>Egg Salad W/Wheat Sandwich<br>Feature Sandwich<br>Grilled Chicken Panini<br> | Romaine Heart & Arugula<br>Rainbow Salad Toppings<br>Quinoa Tabbouleh<br>Crudites & Fresh Cut Fruits<br>Cream Cheese & W/Wheat Bagel<br>Turkey & Cheddar Multigrain Bread<br>Tuna Salad W/Wheat Sandwich<br>Feature Sandwich<br>Ham & Cheese Sourdough |
|                                         | 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