

WEEK OF: Sept 15-19, Oct 6-10, Oct 27- 31



 LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 3	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main		(Suitable for Vegetarian)			(Suitable for Vegetarian)
		Baked BBQ Chicken Steamed Jasmine Rice Baby Bok Choy	Whole Grain Spaghetti Pasta Turkey Ragu and/or Tomato Sauce Whole Wheat Garlic Toast Fresh Tomato Bruschetta Parmesan Cheese	Crispy Cod Fillets Baked Potato Fries Steamed Heirloom Carrots	Baked Crispy Chicken Drumsticks Warm Pasta Salad Peas & Carrots	Personalized Sicilian-Style Pizza Choice of Toppings Roasted Autumn Vegetable 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)  Shepherd's Pie with Lentil & Spinach	Rosemary & Thyme Pork Roast Roasted Root Vegetables	(Suitable for Vegetarian)  Three Sisters Taco Wild Rice Casserole	(Suitable for Vegetarian) Saag Paneer, Spinach with Cheese Warm Naan Bread	Cantonese-Style Chow-Mein with Chicken & Shrimp
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Mango Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Egg Salad W/Wheat Sandwich Feature Sandwich Ham & Cheese Sourdough	Iceberg & Mesclun Salad Rainbow Salad Toppings Ancient Grains Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Tuna Salad W/Wheat Sandwich  Feature Sandwich Grilled Chicken Ceasar Wrap	Romaine Heart & Arugula Rainbow Salad Toppings Roasted Beet Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheese Multigrain Bread Egg Salad W/Wheat Sandwich Feature Sandwich Multigrain Turkey Club	Iceberg & Mesclun Salad Rainbow Salad Toppings Sweet Corn Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Rye Reuben Sandwich	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Buffalo Chicken Warp
	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