



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025

Featuring:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>		Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
<b>Main</b>	Southern-Style Baked Chicken Sweet Potato Fries Peas & Carrots	Garlic Herb Tilapia Fillets Lemon Dill Tartar Sauce Steamed Jasmine Rice Crispy Green Beans	(Suitable for Vegetarian) Whole Wheat Mac & Cheese Assorted Bread Rolls Steamed Broccoli Florets 	Pan Roasted Chicken Breast Dina's Tzatziki Sauce Roasted Potatoes Vegetables Medley	Build-your-own Taco Bar Seasoned Ground Beef Corn Taco Shell All the fixings	
	Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.					
<b>Options</b> <small>Available at Hot Meal Station</small>	(Suitable for Vegetarian) Singapore Noodles Stir-Fry with Mung Bean & Crispy Tofu 	(Suitable for Vegetarian) Cheesy Perogi Casserole with Kale & Beyond Sausages	Maple Chipotle Glazed Pork Ribs Cauliflower Rice Biryani	(Suitable for Vegetarian) Butternut Squash Ravioli with Spinach & Asparagus	(Suitable for Vegetarian) Eggplant Unagi with Kabayaki Sauce Steamed Whole Grains Rice & Edamame	
<b>Salad/Deli Bar</b>	Romaine Heart & Arugula Rainbow Salad Toppings Chef's Robert Pasta Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Ham & Cheese Sourdough	Iceberg & Mesclun Salad Rainbow Salad Toppings Broccoli Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich  Caesar Chicken Wrap	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Sourdough Reuben Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Greek Pasta Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Ham & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich  BLT on Rye Bread	Romaine Heart & Arugula Rainbow Salad Toppings Avocado Cucumber Mango Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Havarti Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich  Grilled Chicken Panini	
<b>Dessert</b>	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Special Treats	

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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