



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025

Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
Main	Stir-Fried Chicken with Chow-Mein Noodles Chop Suey Vegetables	Baked Lemon Pepper Cod Sheet-Pan Potato Fries Green Bean with Sea Salt	(Suitable for Vegetarian) Whole Grain Spaghetti Pasta Beef Meatballs or Tomato Sauce Whole Wheat Garlic Toast Fresh Tomato Bruschetta Parmesan Cheese	Boneless Butter Chicken Thigh Steamed Basmati Rice Petit Pois	(Suitable for Vegetarian) Personalized Five Cheese Pizza Choice of Toppings Spring Vegetable Medley
Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.					
Options <small>Available at Hot Meal Station</small>	(Suitable for Vegetarian) Black Bean & Corn Quesadillas Guacamole & Salsa 	(Suitable for Vegetarian) Baked Chickpea Falafel Whole Wheat Couscous Pilaf 	Jamaican-Style Jerk Pork with Plantains	(Suitable for Vegetarian) Red Curry Pad Thai Stir-Fry with Crispy Tofu 	Vietnamese Shrimp Spring Roll with Thai Basil & Mango
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> Chicken Pesto Ciabatta Sub	Iceberg & Mesclun Salad Rainbow Salad Toppings Crunchy Napa Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i> Roast Beef on Rye Bread	Romaine Heart & Arugula Rainbow Salad Toppings Caprese Salad  Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i>  BLT Sandwich Wrap	Iceberg & Mesclun Salad Rainbow Salad Toppings Butternut Squash Lentil Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Ham & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i> Turkey, Brie & Cranberry Multigrain	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>  Grilled Chicken Panini
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