



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025

Featuring:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Flaxseed Crusted Chicken Tenders Country-Style Potato Wedges Petit Pois w/ Sea Salt	Lemongrass Pork Skewers Steamed Coconut Rice Crispy Green Beans	English Style Sole Fillets Baked Potato Fries Steamed Heirloom Carrots	(Suitable for Vegetarian) Pasta Primavera with Penne Pasta Basil Tomato or Alfredo Sauce Cheesy Garlic Knots	All Beef Broiled Burger Oven-Baked Kettle Chips Steamed Corn Succotash
	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) Baked Vegetable Curry Puffs with Lentil & Squash	(Suitable for Vegetarian) Roasted Vegetable Flatbread with Tomato Pesto	(Suitable for Vegetarian) Steamed Napa Cabbage Rolls with Veggie Tofu & Shiitake Mushroom	Five Spices Chicken Adobo Steamed Whole Grains Rice	(Suitable for Vegetarian) Skillet Gnocchi with Spinach & Sauteed Mushroom
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Salami & Cheddar Multigrain Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i>  Grilled Vegetable Wrap	Iceberg & Mesclun Salad Rainbow Salad Toppings Mango Vermicelli Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Turkey & Havarti W/Wheat Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Ham & Cheese Sourdough	Romaine Heart & Arugula Rainbow Salad Toppings Ancient Grains Salad  Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheese Multigrain Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i> Rye Reuben Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Watermelon Feta Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Multigrain Turkey Club	Romaine Heart & Arugula Rainbow Salad Toppings Whole Wheat Macaroni Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i>  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