





WEEK OF: Nov 17-21, Dec 08-12, Jan 12-16, Feb 2-6



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 1	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Pineapple Chicken Breast Lo-Mein Noodles Asian Green Vegetables	Lemon Pepper Cod Fillets Dina's Tartar Sauce Baked Potato Wedges Petit Pois	(Suitable for Vegetarian) Cavatappi Pasta Bechamel & Pomodoro Sauce Roasted Broccoli & Cauliflower Cheesy Garlic Breadsticks	Peri Peri Chicken Drumsticks Steamed Bean & Rice Pilaf Oven-Roasted Plantains	(Suitable for Vegetarian) Personalized 5 Cheese Pizza Choice of toppings Roasted 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) Chipotle Black Bean Empanadas Salsa & Sour Cream	(Suitable for Vegetarian) Vegetable Tofu with Red Curry Steamed Brown Basmati Rice 	Beef Koftas with Warm Pita & Tzatziki Sauce	(Suitable for Vegetarian) Baked Vegetarian Samosas with Mango Chutney	Salmon Sushi Baked with Wasabi Ailoi
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Avocado & Tomato Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Sriracha Shrimp W/Wheat Wrap	Iceberg & Mesclun Salad Rainbow Salad Toppings Moroccan Barley Chickpea Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i>  Grilled Chicken Sandwich	Romaine Heart & Arugula Rainbow Salad Toppings Chef's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Turkey & Cranberry Club	Iceberg & Mesclun Salad Rainbow Salad Toppings Country-Style Potato Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i>  Caesar Chicken Wrap	Romaine Heart & Arugula Rainbow Salad Toppings Spicy mashed Cucumber Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Salami & Havarti Multigrain Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i>  Chicken Parmesan Sandwich
	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