









WEEK OF: Nov 24-28, Dec 15-19, Jan 19-23, Feb 09-13, Mar 02-06



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025

W e e k 2	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Soup</i>	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Meatless Monday! Whole Grain Spaghetti Pasta Plant-based Meatballs Whole Wheat Garlic Toast Fresh Tomato Bruschetta Parmesan Cheese 	Ping Gai Bonless Chicken Thighs Steamed Coconut Rice Broccoli Florets	Beef Pot Roast with Gravy Yukon Gold Mash Potatoes Roasted Heirloom Carrots	Baked Teriyaki Salmon Steamed Jasmine Rice Edamame with Sea Salt	Rosemary & Thyme Chicken Breast Parisian Potatoes Crispy Green Beans
		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) Potato Frittata with Mushroom & Winter Greens 	(Suitable for Vegetarian) Beyond Sausage, Spinach & Roasted Pepper Stromboli	(Suitable for Vegetarian) Vegetable Stir-Fry with Tofu & Crispy Chow Mein 	(Suitable for Vegetarian) Sheet Pan Gnocchi with Kale Butternut Squash & White Bean 	(Suitable for Vegetarian) Crispy Tofu Pad Thai with Wide Rice Noodles & Mung Bean 
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Quinoa, Kale, Sweet Potato Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich  Eggplant Parmigiana Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Chef's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Corn Beef on Rye Bread	Romaine Heart & Arugula Rainbow Salad Toppings Broccoli Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Turkey, Brie & Cranberry Panini	Iceberg & Mesclun Salad Rainbow Salad Toppings Whole Wheat Macaroni Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Ham & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich  Chicken Pesto Ciabatta Sub	Romaine Heart & Arugula Rainbow Salad Toppings Mango Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich  B.L.T Club 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