








WEEK OF: Mar 31- April 4, April 21-25, May 12-16, June 2-6

 LAUREMONT LOWER SCHOOL SPRING MENU 2025 						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 2	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Chicken Breast Stir Fried with Shanghai Noodles Chop Suey Vegetables	Baked Lemon Pepper Cod Creamy Mashed Potatoes 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	All Beef Broiled Burger Baked Sweet Potato Fries 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) Plant-based Fajita Quesadillas Guacamole & Salsa 	(Suitable for Vegetarian) Baked Chickpea Falafel Whole Wheat Couscous Pilaf 	Five Spices Soy Chicken Adobo Steamed Ancient Grains	(Suitable for Vegetarian) Skillet Gnocchi with Spinach & Sauteed Mushroom	(Suitable for Vegetarian) Pineapple Fried Rice with Soy Glazed Tofu
	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 Feature Sandwich 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 Feature Sandwich Roasted 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 Feature Sandwich 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 Feature Sandwich Turkey, Brie & Cranberry Multigrain 	Romaine Heart & Arugula Rainbow Salad Toppings Whole Wheat Macaroni Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich 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