






WEEK OF: Nov 18-22, Dec 9-13, Jan 13-17, Feb 3-7, Feb 24-28,

 <b>LAUREMONT LOWER SCHOOL AUTUMN/ WINTER MENU 2024/25</b> 						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>W e e k  2</b>	<b>Soup</b>	<b>Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch</b>				
	<b>Main</b>	Chicken Breast Yaki Udon Stir-Fry Noodles Asian Green Vegetables	(Suitable for Vegetarian) Cavatappi Pasta Basil Tomato & Alfredo Roasted Vegetables Assorted Rolls	Beef Bulgogi Steamed Jasmine Rice Baby Bok Choy	Crispy Baked Pollock Fillets Creamy Mashed Potatoes Sweet Corn Succotash	Oven-Baked Chicken Bites Pineapple Sweet & Sour Sauce Chow-Mein Noodles Broccoli Florets
	<i>Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.</i>					
	<b>Options</b> <small>Available at Hot Meal Station</small>	(Suitable for Vegetarian) Chickpea Tangine with Couscous 	Caribbean Shrimp Curry Steamed Rice and Beans	(Suitable for Vegetarian) Vermicelli Noodle Bowl with Lemongrass Tofu	(Suitable for Vegetarian) Spinach & Artichoke Galette	(Suitable for Vegetarian) Braised Beyond Beef Crumbles w/ Aubergine Sambal Garlic Sauce
	<b>Salad/Deli Bar</b>	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 Roasted Beef on Rye Bread	Iceberg & Mesclun Salad Rainbow Salad Toppings Artichoke & Lentil Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich  Feature Sandwich Chicken Caesar Wrap	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 Multigrain	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 Grilled Chicken Panini	Romaine Heart & Arugula Rainbow Salad Toppings Kale & Bean Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich  Feature Sandwich BLT Sandwich
	<b>Dessert</b>	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