






WEEK OF: Nov 25-29, Dec 16-19, Jan 20-24, Feb 10-14, Mar 3-7

 LAUREMONT LOWER SCHOOL AUTUMN /WINTER MENU 2024/25 						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 3	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Whole Grain Spaghetti Beef Meatballs & Tomato Sauce Whole Wheat Garlic Toast Sautéed Broccoli Florets	Lemongrass Chicken Breast Steamed Coconut Rice Baby Bok Choy	Baked Perch Fillets Dina's Tartar Sauce Sheet-Pan Potato Fries Steamed Heirloom Carrots	Honey Garlic Baked Pork Bites Steamed Jasmine Rice Vegetable Chop Suey	Flaxseed Chicken Tenders Baked Sweet Potato Wedges Petit Pois
	Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.					
	Option <small>Available at Hot Meal Station</small>	Miso-Ginger Glazed Salmon Quinoa Pilaf with Edamame	(Suitable for Vegetarian) Vegetable Cacciatore with Creamy Polenta	(Suitable for Vegetarian) Tofu Tikka Masala Naan Breads	(Suitable for Vegetarian) Beyond Sausage, Spinach & Roasted Pepper Stromboli	(Suitable for Vegetarian) Tofu & Green Leafy Vegetables Chow-Mein 
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Mango Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Egg Salad W/Wheat Sandwich Feature Sandwich Grilled Vegetable, Goat Cheese Multigrain	Iceberg & Mesclun Salad Rainbow Salad Toppings Greek Chickpea Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Sourdough Reuben Sandwich	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheese Multigrain Bread Egg Salad W/Wheat Sandwich Feature Sandwich Prosciutto Mozzarella Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Avocado Corn Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Sweet Chili Chicken Sandwich 	Romaine Heart & Arugula Rainbow Salad Toppings Mediterranean Pasta Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Caprese Wrap 
	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