

 LAUREMONT SCHOOL				Monday			Tuesday			Wednesday			Thursday			Friday
Lunch - WEEK 1	Featuring:									Classic Comfort						Fun Day Friday
	Main		Butter Chicken, Steamed Basmati Rice and Turmeric Cauliflower				Oven Baked Beans, Peppers, Cheese Empanadas with Corn, Cilantro Salsa and Mexican Roasted Carrots			Haddock Fillets, Oven Baked Potato Fries, Tartar Sauce and Garlic Peas			Pork Sausage Arrabbiata Rotini with Roasted Broccoli			Hoisin Chicken Bao Buns with Steamed Sesame Bok Choy
	Veggie Option		Spinach Lentil Masala				Oven Baked Beans, Peppers, Cheese Empanadas with Corn, Cilantro Salsa			Veggie Nuggets			Arrabbiata Rotini			Chilli, Garlic, Cilantro Tofu Bao
	Fun Addition		Cilantro Garlic Naan				Cinamon Roasted Plantains			Tea Biscuits			Garlic Toast			Pandan Coconut Mini Muffin
	Sandwich		Bombay Street Style Grilled Cheese on Sourdough				Torta Milanese			Roast Beef and Cheddar on Rye			Everything Bagel with Tuna Salad, Lettuce, Tomatoes, Red Onion and Dill			Hoisin Pork Banh Mi
	Salad	Plant Forward Creations Composed Daily														
			Chickpea, Cucumber and Tomato Salad				Avocado, Arugula, Barley and Sweet Corn Salad			Crushed Potato Salad with Green onions, Pickles and Capers			Lentil, Artichoke, Parsley, Red Onion Salad with Balsamic Vinaigrette			Thai Cucumber, Cilantro and Red Onions Salad
	Soup	Hand Crafted One Meat One Vegetarian, From Scratch, Every Day														

*Allergen Note: We are a peanut and nut aware kitchen. Please speak directly to our trained Manager/Chef in regards to any special food considerations and Allergies.
"No Gluten" items may come in cross-contamination with wheat during preparation.