









 LAUREMONT SCHOOL		Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch - WEEK 1	Featuring:				Classic Comfort	Fun Day Friday	
	Main	 Chicken Shawarma with Lentil and Fried Onion Rice and Minted Peas	Pulled Carnitas Pork with Nacho Chips and Cilantro Lime Crunchy Coleslaw	Black Pepper Beef and Spring Peas Stew with Basmati Rice and Garlic Sesame Bok Choy	Salmon Meuniere with Red Skin Potatoes and Truffled Green Beans	 Soy and Ginger Chicken and Noodle Stir-fry with Broccoli and Peppers	
	Veggie Option	 Goat Cheese and Quinoa Stuffed Eggplant Rolls	Quinoa & Black Bean Chili	 Kung Pao Tofu Skewers	French Onion Strata	 Baby Corn, Peppers and Tempeh Stir-fry	
	Fun Addition	 Vegetable Samosas with Raita Sauce	Cinnamon Sugar Donut Holes	 Cabbage, Carrot, Green Bean Spring Roll with Cilantro Lime Plum Sauce	Crepes with Cinnamon Apples	Mango Lemon Pudding	
	Sandwich	Sabich Sandwich with Eggplant, Eggs, Hummus, and Tahini	Halal Chicken, Spinach Mozzarella Sourdough Panini	Pepperoni Pizza on Sourdough	Saucisson Beurre Baguette Sandwich	 Kale, Fried Noodle, Carrots and Tofu Wrap	
	Salad	Plant Forward Creations Composed Daily					
		 Romaine, Mint, Cucumber, Radishes and Roasted Pita Fattoush Salad	Spicy Corn, Beans, Cilantro and Peppers Salad	Chicken, Peppers, Cilantro, Vermicelli Pancit Salad	 Greek Salad	Spicy Cowboy Rice 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.