




 LAUREMONT SCHOOL		Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch - WEEK 3	Featuring:					Classic Comfort		Noodle		Fun Day Friday	
	Main	Always have gluten free option available 									
			Chicken Adobo with Garlic Rice and Green Beans		Red Pepper Salmon with Basmati Rice and Garlic Buter Peas		Beef Shepherds Pie with Broccoli		Jalapeno and Corn Mac and Cheese with Roasted Cauliflower and Pico De Gallo		Pepperoni, Mozzarella Honey and Crushed Chilis Pizza and Caesar Salad
	Veggie Option		Eggplant and Tofu Rice Adobo		Grilled Red Pepper Tempeh		Mediterranean Lentil and Eggplant Veg Moussaka		Garlic, Basil, Tomato Linguine Aiolio		Pizza Margherita
	Fun Addition		Ube Cake Roll		Cheese Stick		Cheese Tea Biscuit		Bacon, Scallions and Cheddar Cornbread		Halal BBQ Chicken and Vegetables Pizza
	Sandwich		Chunky Egg salad with Peppers, Red and Green onions on White		Turkey Bacon BLT on Sourdough		Turkey and Cheddar on the Pretzel Baguette		Pulled Pork Cuban		Roasted Sweet Potato, Mushroom and Spinach Wrap with Chipotle Mayo
	Salad	Plant Based Creations Composed Daily									
			Mango, Red Onion, Tomato and Cilantro Salad		Potato, Peppers, Capers and Dill Salad in Vinaigrette		Red Beet, Arugula and Feta Salad		Broccoli Salad with Lemon Dressing and Cranberries		Caprese 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.