

WEEK OF: Sept 7-11, Sept 28-Oct 2, Oct 19-23, Nov 9-13



LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 1	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Oven-Baked Five Spice Chicken Breast Steamed Jasmine Rice Heirloom Carrot Coins	Baked Haddock Fillets Dina's Tartar Sauce Home-Style Potato Fries Petit Pois	(Suitable for Vegetarian) Cavatappi Pasta Alfredo & Pomodoro Sauce Roasted Broccoli & Cauliflower Multigrain Garlic Bread Parmesan Cheese	Baked Chicken Tenders Sweet Potato Fries Petit Pois with Sea Salt	(Suitable for Vegetarian) Personalized Cheese Pizza Choice of toppings Roasted Vegetable Medley
	Options	Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.				
	Options	(Suitable for Vegetarian) Singapore Noodles Stir-Fry with Mung Bean & Curry Tofu 	(Suitable for Vegetarian) Japchae Glass Noodle Stir-Fry with Plant-Based Seared Tips	Grilled Lemongrass Chicken Quinoa Pilaf	(Suitable for Vegetarian) Meatless Mapo Tofu Stew with Aubergine Steamed Whole Grain Basmati 	Braised BBQ Beef Short Ribs Creamy Polenta
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Tomato Avocado Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Ham & Cheese Sourdough	Iceberg & Mesclun Salad Rainbow Salad Toppings Artichoke & Chickpea Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Salami & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Caesar Chicken Wrap 	Romaine Heart & Spinach Rainbow Salad Toppings Quinoa & Lentil Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Sourdough Reuben Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Ham & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich BLT on Rye Bread 	Romaine Heart & Arugula Rainbow Salad Toppings Three Sisters Wild Rice Pilaf Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Havarti Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Grilled Chicken Panini 
	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

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