

WEEK OF: Sept 14-18, Oct 5-9, Oct 26-30

 LAUREMONT SCHOOL LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 2	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Soup</i>	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Shaved Beef & Onion Stir-Fry Lo-Mein Noodles Steamed Broccoli Florets	Maple Glazed Chicken Thighs Steamed Jasmine Rice Crispy Green Bean	(Suitable for Vegetarian) Whole Wheat Penne Pasta Tomato and/or Mushroom Sauce Cheesy Garlic Knots Roasted Broccoli & Cauliflower Parmesan Cheese	Crispy Baked Cod Bites Creamy Wasabi Dipping Sauce Home-Style Potato Fries Petit Pois with Sea Salt	Build-your-own Taco Bar Seasoned Ground Turkey W/ Wheat Tortilla & Corn Taco Shell All the fixings
		Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.				
	Options Available at Hot Meal Station	(Suitable for Vegetarian) Sheet Pan Gnocchi with Kale Butternut Squash & White Bean	(Suitable for Vegetarian) Kimchi Udon Stir-Fry with Mustard Green & Marinated Tofu	Bo Kho, Vietnamese Beef Stew with Lemongrass & Star Anise	(Suitable for Vegetarian) Crispy Tofu Pad Thai with Wide Rice Noodles & Mung Bean	(Suitable for Vegetarian)  Shepherd's Pie with Lentil & Spinach
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Green Mango Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich  Feature Sandwich Chicken Pesto Ciabatta Sub	Iceberg & Mesclun Salad Rainbow Salad Toppings Antipasto Pasta Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Salami & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Corn Beef on Rye Bread	Romaine Heart & Spinach Rainbow Salad Toppings Broccoli Salad  Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich  Feature Sandwich BLT Sandwich Wrap	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 Turkey, Brie & Cranberry Multigrain	Romaine Heart & Arugula Rainbow Salad Toppings Kachumber Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar 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

