

WEEK OF: Sept 21-25, Oct 12-16, Nov 2-6

 LAUREMONT SCHOOL LAUREMONT LOWER SCHOOL AUTUMN MENU 2025						
W e e k 3	Featuring:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Soup</i>	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	Main	Meatless Monday! Baked Whole Wheat Mac & Cheese Assorted Warm Bread Rolls Harvest Vegetable Medley 	Boneless Butter Chicken Steamed Basmati Rice Petit Pois with Sea Salt	<i>(Suitable for Vegetarian)</i> Whole Grain Spaghetti Pasta Bolognese and/or Tomato Sauce Whole Wheat Garlic Toast Steamed Broccoli Florets Parmesan Cheese	Baked Salmon Katsu Steamed Sticky Rice Baby Bok Choy	Pan- Roasted Chicken Breast with Lemon & thyme Buttery Boiled Potatoes Steamed Green Bean
		Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.				
	Options Available at Hot Meal Station	<i>(Suitable for Vegetarian)</i> Mediterranean Style flammkuchen with Meatless Crumbles, Roasted Vegetable & Bell Peppers	<i>(Suitable for Vegetarian)</i> Savory Mushroom & Kale Puff Pastry Pinwheels	Basil Coconut Shrimp Curry Steamed Jasmine Rice	<i>(Suitable for Vegetarian)</i> Char-SiuTofu Bao Sliders	<i>(Suitable for Vegetarian)</i> Mushroom Ravioli with Pesto & Roasted Butternut Squash
	Salad/Deli Bar	Romaine Heart & Arugula Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Salami & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich  <i>Feature Sandwich</i> Grilled Vegetable Wrap	Iceberg & Mesclun Salad Rainbow Salad Toppings Corn, Avocado & Tomato Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i> Multigrain Turkey Club	 Romaine Heart & Spinach Rainbow Salad Toppings Bruschetta Caprese Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Ham & Cheese Multigrain Bread Tuna Salad W/Wheat Sandwich  <i>Feature Sandwich</i> Rye Reuben Sandwich	 Iceberg & Mesclun Salad Rainbow Salad Toppings Crunchy Cabbage & Kale Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Salami & Cheddar Multigrain Bread Egg Salad W/Wheat Sandwich <i>Feature Sandwich</i> Buffalo Chicken Warp	Romaine Heart & Arugula Rainbow Salad Toppings Couscous Salad Crudites & Fresh Cut Fruits Grilled Cheese W/Wheat Bread Turkey & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich <i>Feature Sandwich</i> Ham & Cheese Sourdough
	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

