



**Hot Lunch Menu
Thornton Donovan School
September 8 to 30, 2016**

Register your child for Lunch on <http://tds.lunchinhand.net> Returning parent must re-register

Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch In Hand reserves the right to occasionally modify items on the menu without notice.		1 Deadline to receive early bird discount Thursday, 9/1 Today!	2
5 Labor Day School Closed	6 All lunches are served with Juice, water & dessert -- 3 or 4 Fruit per week & 1 sweet.	7 New student orientation	8 Pasta Bar- Selection of: Pasta with Marinara sauce, Pasta shells plain and Tortellini Alfredo served with Whole Wheat Bread and Market fresh salad First day of school	9 Grilled Flank Steak served with Summer vegetable Ratatouille served with roast red potatoes
12 Meatballs with Curly Pasta with or without Red Sauce, served with Whole Wheat Bread & Caesar Salad.	13 Roast Turkey Breast or Pork Roast served with Mashed Potatoes, Gravy and String Beans	14 "Breakfast for Lunch" Scrambled eggs and Waffles served with Turkey Sausage or Bacon.	15 Teriyaki Chicken served with Asian Vegetables (Bok choy, snow peas, corn, sprouts) served with Brown rice	16 Roast Fish filet with lemon butter sauce served with rice pilaf and string beans. Alternative: Breaded Fish filet
19 Chicken Patties served with Whole Wheat Rolls, Tater Tots and Cucumber Salad	20 Taco Tuesday Bar: choice of Beef, Chicken or Vegetarian Bean Tacos served with Cheese and Spanish Rice, Salsa and Sour Cream	21 Fried Rice with Honey Baked Chicken Served with Peas and Carrots	22 Jamaican Beef or vegetarian Patties & Chicken Empanadas served with rice and Tropical Salad	23 Beef Stew served with Egg noodles and roast carrots
26 Italian Chicken Cutlets served with Pasta Shells Peas and Carrots and Garlic Bread	27 Hamburger, Cheese Burgers Served on Whole Wheat Rolls w/ Tater Tots & Mixed Vegetables & Sweet Pickles	28 Chicken and Cheese Quesadillas or Cheese only Quesadillas served with Spanish Rice, mild Salsa and Sour Cream.	29 Pizza Margarita (plain) and Pepperoni Pizza, served with Carrots and Celery Sticks	30 Homemade Mac and Cheese topped with cracker crumbs serve with cornbread and Garden Salad

If you have a Food Allergy, please speak to the owner of Lunch In Hand, Manager or Chef.

Fruit: sliced Pineapple, Watermelon or Cantaloupe, Berries, Apples, Oranges wedges; Yogurt and fruit

You can ask for an alternative lunch on any day – we must know at least 24 hours in advance. Alternative is usually Roast Chicken served with the sides of the day.

Our Chicken is Anti-biotic & hormone free. Our food is baked never fried. Local Farmers Market Apples.

Bread products from a shop that is Nut – Free Any questions regarding the menu or online ordering call 914-380-5084 or email

lunchinhand@gmail.com More information www.lunchinhand.com