




Hot Lunch Menu
Thornton Donovan School
October 3 – 31, 2016

Register on <http://tds.lunchinhand.net> for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">3</p> <p>Rosh Hashanah</p> <p align="center">No School</p>	<p align="right">4</p> <p>Rosh Hashanah</p> <p align="center">No School</p>	<p align="right">5</p> <p>Chicken Pot Pie – cubes of roast chicken breast in gravy with carrots and peas & topped with puff pastry</p>	<p align="right">6</p> <p><u>Pasta Bar</u>- Selection of: Pasta with Marinara sauce, Pasta shells plain and Tortellini Alfredo served with Whole Wheat Bread and Broccoli</p>	<p align="right">7</p> <p>Celebrate Discovering The Americas “new world crops” Roast Turkey served with Corn (Maize), Tomato, peppers, Acorn squash. Dessert : Pineapple, avocado, guava and papaya.</p>
<p align="right">10</p> <p>Columbus Day</p> <p align="center">No School</p>	<p align="right">11</p> <p>Yom Kipper</p> <p align="center">No school</p>	<p align="right">12</p> <p>Yom Kipper</p> <p align="center">No school</p>	<p align="right">13</p> <p>Beef or Chicken Fajitas Served Spanish Rice, cheese, mild salsa, lettuce, & sour cream</p>	<p align="right">14</p> <p>“Breakfast for Lunch” Scrambled Eggs and waffles served with Turkey Sausage or Bacon. Dessert: fruit & yogurt</p>
<p align="right">17</p> <p>Italian Chicken Cutlets served with curly pasta; garlic bread and mixed vegetables</p>	<p align="right">18</p> <p>Taco Tuesday Bar: choice of Beef, Chicken or Vegetarian bean tacos served with cheese and Spanish rice, sour cream</p>	<p align="right">19</p> <p>Cheese ravioli with marinara, pink sauce or plain served with whole wheat baguettes Market green salad</p>	<p align="right">20</p> <p>Shepherd’s Pie: Ground beef in brown sauce topped with mashed potatoes served peas and carrots Alternative : roast chicken</p>	<p align="right">21</p> <p>Chicken <u>or</u> Pork Sausage (served separately) in chunky tomato sauce served with couscous and roast broccoli with parmesan</p>
<p align="right">24</p> <p>Chicken Patties on Whole Wheat rolls served with tater tots, and Garden Salad.</p>	<p align="right">25</p> <p>Choice of Chicken OR Beef Chili (Chunks of chicken or Beef, red and black beans, lentils, vegetables) served over rice with w w bread.</p>	<p align="right">26</p> <p>All beef Hot Dogs or chicken Sausage served on WW rolls served with tater tots and broccoli</p>	<p align="right">27</p> <p>Chicken Quesadillas or Cheese only with Spanish Rice, Mild Salsa and Sour Cream</p>	<p align="right">28</p> <p>Pizza Margarita and Pepperoni (all beef) Pizza served with carrots and celery sticks</p>
<p align="right">31</p> <p>Hungarian Goulash served with pasta and mixed vegetables and spooky dessert.</p> <p>Happy Halloween </p>				

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.

Our Chicken is Anti-biotic & hormone free. None of our food is fried or artificial we do not buy anything with preservatives.

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