



**Hot Lunch Menu  
Thornton Donovan School  
September 7 – 29, 2017**

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.		<b>Deadline to receive early bird discount Thursday, August 31 Today !</b>	1 Optional small fresh green salad served daily
4 <b>Labor Day</b>  School Closed	5 All lunches are served with 100% juice or water & dessert -- 3 or 4 Fruit per week & 1 -2 sweet dessert.	6 New student orientation	7 Jamaican Beef or Chicken Patties served, Black bean, tomato, corn salad and coco bread <b>First day of school Vegetarian Patties</b>	8 Grilled Flank Steak served with Summer Vegetable Ratatouille served with roast red potatoes <b>Vegetarian: Roast salmon filet or Sautéed Tofu over Ratatouille (order day before)</b>
11 Hamburger, Cheese Burgers Served on Whole Wheat Rolls w/ Tater Tots & Garden salad & Pickles <b>Vegetarian: Veggie patties (Chicken patties available)</b>	12 "Breakfast for Lunch" Scrambled eggs and French toast served with Turkey Sausage or Bacon. Yogurt and fresh fruit salad <b>Vegetarian: Granola &amp; Greek yogurt</b>	13 Chicken Tenders (Fingers) served with curly pasta (marinara on the side) with raw veggie sticks <b>Individual Pizza</b>	14 Roast Turkey Breast or Pork Roast served with roast potatoes, and String Beans <b>Vegetarian: Stuffed Acorn or Zucchini squash</b>	15 <b>Pasta Bar</b> - Selection of: Bowtie Pasta with Marinara sauce, Pasta shells plain and Tortellini Alfredo served with Whole Wheat Bread and Market fresh salad
18 Chicken Patties served with Whole Wheat Rolls, Waffle fries and Cucumber and tomato Salad <b>Vegetarian: Veggie Pattie</b>	19 <b>Taco Tuesday:</b> choice of Beef or Chicken Tacos served with Cheese, lettuce, organic chips, Salsa and Sour Cream <b>Vegetarian: Black Bean taco</b>	20 Pizza Margarita (cheese) and Pepperoni Pizza, served with Carrots and Celery Sticks	21 Rosh Hashanah  School closed	22 Rosh Hashanah  School closed
25 Italian Chicken Cutlets (Make your own Parm option) served with Pasta Shells, Caesar salad & Garlic Bread <b>Vegetarian: Individual Pizza</b>	26 Chicken and Cheese Quesadillas or Cheese only Quesadillas served with Spanish Rice, mild Salsa and Sour Cream.	27 Stir Fried Chicken Dumplings served with Fried Rice, Asian Vegetable Medley <b>Vegetarian: Vegetarian dumplings</b>	28 House-made Beef Stew served with Egg noodles and roast carrots <b>Vegetarian: Roast early Fall vegetable stew</b>	29 <b>Rice Bowl</b> 'Make your own' Choose from: White or Brown rice, Guacamole, edamame, assorted cheese, scallions, diced chicken or beef, black beans, broccoli

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

Fruit: Fresh fruit salad, Watermelon, Apples, Oranges wedges, sliced peaches, Yogurt. Sweet dessert: Cake, cookies, pudding  
You can ask for an alternative lunch on any day – we must know at least 24 hours in advance. Alternative lunch Roast Chicken, plain pasta and vegetable 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](mailto:lunchinhand@gmail.com) More information [www.lunchinhand.com](http://www.lunchinhand.com)