



Hot Lunch Menu
Thornton Donovan School
October 2 – 31, 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger or Cheese Burgers served on Whole Wheat Rolls w/ Tater Tots & Garden Salad & Pickles <i>Vegetarian: Veggie patty</i>	3 Chicken Breast with Barbeque glaze served with mashed potatoes and Tomato Cucumber Salad <i>Vegetarian: Tofu Veggie</i>	4 Chicken Pot Pie – Cubes of Roast Chicken Breast in Gravy with Carrots & Peas on the side and topped with Buttermilk biscuits <i>Vegetable Pot Pie</i>	5 Pasta Bar - Selection of: Bowtie with Marinara sauce, Pasta shells plain and Tortellini Alfredo served with Whole Wheat Bread and Broccoli	6 Celebrate Discovery of The Americas Roast Turkey, Southwest Roast Corn salad, green beans <i>Vegetarian: Stuffed Acorn sq</i> Dessert: Apple Cake
10 Columbus Day No School	10 House-made Baked Ziti served with Caesar salad and whole wheat baguette	11 Crispy Fish filet on roll with lettuce and tartar sauce served with waffle fries and String Beans K – 5 grade Fish Sticks	12 Beef or Chicken Fajitas Served Spanish Rice, cheese, mild salsa, lettuce, & sour cream <i>Vegetarian: sautéed veggies</i>	13 “ Breakfast for Lunch ” Scrambled Eggs and French toast sticks served with Turkey Sausage or Bacon, fruit salad yogurt. <i>Vegetarian: Granola & yogurt</i>
16 Italian Chicken Cutlets (make your own ‘Parm option) served with curly pasta; garlic bread and Caesar salad <i>K - 5 grade: Chicken Fingers</i>	17 Taco Tuesday Bar: choice of Beef or Chicken Tacos served with Cheese, lettuce, Organic chips, Salsa and Sour Cream <i>Vegetarian: black bean taco</i>	18 House-made Mac and cheese served with cornbread and Garden salad	19 House made Chicken Noodle Soup and Vegetables served with Grilled Cheese or Cheese and Turkey sandwich <i>Vegetable Soup</i>	20 Asian style Beef and Broccoli served with Chinese egg Noodles
23 Chicken Patties on Whole Wheat rolls served with Waffle fries, raw veggie sticks. <i>Vegetarian: Veggie patty</i>	24 Turkey Chili: Ground Turkey in mild chunky tomato sauce served separate with beans and vegetables on side, rice and Cornbread <i>Vegetarian Chili</i>	25 Hebrew National Hot dogs or Chicken Sausage served with Whole Grain Rolls, Couscous and Roasted Broccoli & Cauliflower <i>Smart Dog for Vegetarians</i>	26 Chicken & cheese Quesadillas (or Cheese only) served with Spanish Rice, Mild Salsa and Sour Cream	27 Pizza Margarita (cheese) or Pepperoni Pizza served with carrots and celery sticks
30 Stir Fried Chicken Dumplings served with Fried Rice, Asian Vegetable Medley <i>Vegetable Dumplings</i>	31 SLOPPY JOES served on Whole Wheat rolls, Tater Tots and raw Veggie sticks <i>Vegetarian: Meatless joe</i> K – 1 Beef sliders HAPPY HALLOWEEN	<i>All lunches are served with juice or water and dessert which is Fruit 3 – 4 times a week. 1 or 2 time’s sweet dessert.</i>	Optional small fresh green salad served daily	Lunch In Hand reserves the right to occasionally modify items on the menu without notice.

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

Fruit: fruit salad, Watermelon, Apples, Oranges wedges, sliced peaches, Yogurt. Sweet dessert: cake, pudding or cookies

You can ask for an alternative lunch on any day – we must know at least 24 hours in advance.

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