





MENU LFIDD



Week 14 - 4 April to 8 April 2022





		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruit	Assorted Fruit	
D E J E U N E R - L U N C H	 Entrée / Starter	Potato and Leek Soup Baked Bread Salad and Dressing	Salad and Dressing	Carrot and Coriander Soup Baked Bread Salad and Dressing	Baked Bread Salad and Dressing	Garlic Bread Salad and Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veggie Stroganoff	Veggie Curry	Vegetarian Nuggets	Aloo Tikki	Veggie Pies
		VIANDE / POISSON MEAT / FISH	Beef Stroganoff	Chicken Curry	Beef Ressoles	Fish Cakes	Chicken Pies
		ACCOMPAGNEMENTS SIDE ORDERS	Steamed Rice Mixed Vegetables	Naan Bread Assorted Vegetables	Pasta Seasonal Vegetables	Pita Bread Mixed Vegetables	Roast Potatoes Steamed Vegetables
 Dessert / Desert	Fresh Fruit	Butter Cookies	Vanilla Yoghurt	Fresh Fruit	Vanilla Yoghurt		

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Week 15 - 11 April to 15 April





		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruit	Easter Holiday Good Friday	
D E J E U N E R - L U N C H	 Entrée / Starter	Baked Bread Salad and Dressing	Minestrone Soup Baked Bread Salad and Dressing	Margarita Pizza Salad and Dressing	Salad and Dressing		
	 Plat - Main	VEGETARIEN VEGETARIAN	Veggie Lasagne	Baked Lentil Nuggets	Vegetable Masala		Veggie Burgers
		VIANDE / POISSON MEAT / FISH	Beef Lasagne	Grilled Fish with Lemon	Chicken Masala		Beef Burgers
		ACCOMPAGNEMENTS SIDE ORDERS	Garlic Butter Vegetables	Rosemary Potatoes French Beans	Chapati Seasonal Vegetables		French Fries Coleslaw
 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt	Crepes	Fresh Fruit			

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Week 16 - 18 April to 22 April





		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY
MATIN MORNING	 Collation primaire/ Primary snack		Assorted Fruits	Assorted Fruits	Assorted Fruit	Assorted Fruit
D E J U N E R - L U N C H	 Entrée / Starter		Vegetable Soup Baked Bread Salad and Dressing	Baked Bread Salad and Dressing	Fresh Bread Salad and Dressing	Tomato Basil Soup Salad and Dressing
	 Plat - Main	Easter Holiday Easter Monday	Grilled Veggie Patties	Stir Fry Tofu	Veggie Kebab	Mozerella Sandwhich
	VEGETARIEN VEGETARIAN		Grilled Fish	Char Grilled Chicken	Beef Kebab	Grilled Chicken and Cheese Sandwich
	VIANDE / POISSON MEAT / FISH		Potato Wedges Assorted Vegetables	Gratin Pasta Vegetable Antipasti	Persian Rice Seasonal Vegetables	Garden Salad
	ACCOMPAGNEMENTS SIDE ORDERS					
 Dessert / Desert		Fresh Fruit	Fresh Berry Yoghurt	Oatmeal n' Raisin	Fresh Fruit	

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Week 17 - 25 April to 29 April

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruit	Assorted Fruit	
D E J E U N E R - L U N C H	 Entrée / Starter	Baked Bread Salad and Dressing	Carrot and Coriander Soup Baked Bread Salad and Dressing	Baked Bread Salad and Dressing	Vegetable Spring Roll Salad and Dressing	Garlic Bread Salad and Dressing	
		VEGETARIEN VEGETARIAN	Mongolian Mushroom & Soy Meat	Vegetarian Nuggets	Halloumi Cheese & Mushroom	Maple Glazed Tofu	Veggie Bolognese
	 Plat - Main	VIANDE / POISSON MEAT / FISH	Mongolian Beef	Tandoori Chicken	Grilled Fish	Pineapple Glazed Chicken	Beef Bolognese
		ACCOMPAGNEMENTS SIDE ORDERS	Udon Noodles Root Vegetables	Turkish Flat Bread Hummus Sautéed Vegetables	Sautéed Potatoes Seasonal Vegetables	Coconut Rice Roasted Garlic Vegetables	Pesto Pasta Mixed Vegetables
 Dessert / Desert		Fresh Fruit	Chocolate Tarts	Vanilla Yoghurt	Fresh Fruit	Vanilla Yoghurt	