





MENU LFIDD







Week 18 - 9 May to 13 May 2022

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack			Assorted Fruits	Assorted Fruit	Assorted Fruit	
	 Entrée / Starter			Potato and Leek Soup Baked Bread Salad and Dressing	Salad and Dressing	Garlic Bread Salad and Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN			Veggie Goulash	Veggie Curry	Veggie Pies
		VIANDE / POISSON MEAT / FISH			Beef Goulash	Fish Curry	Chicken Pies
ACCOMPAGNEMENTS SIDE ORDERS				Lemon Rice Mixed Vegetables	Naan Bread Assorted Vegetables	Roast Potatoes Steamed Vegetables	
 Dessert / Desert			Fresh Fruit	Orange Butter Cookies	Vanilla Yoghurt		

MENU LFIDD



Week 19 - 16 May to 20 May 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	
	 Entrée / Starter	Baked Bread Salad and Dressing	Minestrone Soup Baked Bread Salad and Dressing	Margarita Pizza Salad and Dressing	Salad and Dressing	Garlic Bread Salad and Dressing	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Grilled Veggie Patties	Baked Lentil Nuggets	Vegetable Masala	Veggie Burgers	Vegetarian Nuggets
		VIANDE / POISSON MEAT / FISH	Beef	Grilled Fish with Lemon	Chicken Masala	Beef Burgers	Tandoori Chicken
		ACCOMPAGNEMENTS SIDE ORDERS	Pasta Gratin Garlic Butter Vegetables	Rosemary Potatoes French Beans	Buttered Rice Seasonal Vegetables	French Fries Coleslaw	Turkish Flat Bread Hummus Sauteed Vegetables
	 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt	Fresh Fruit	Chocolate Cake	Vanilla Yoghurt	

MENU LFIDD



aefe
Agence pour
l'enseignement français
à l'étranger

Week 20 - 23 May to 27 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	
	 Entrée / Starter	Vegetable Soup Baked Bread Salad and Dressing	Baked Bread Salad and Dressing	Garlic Bread Salad and Dressing	Salad and Dressing Baked Bread	Tomato Basil Soup	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veggie Kebab	Grilled Veggie Patties	Stir Fry Tofu	Veggie Nuggets	Mozerella Sandwich
		VIANDE / POISSON MEAT / FISH	Beef Kebab	Grilled Fish	Char Grilled Chicken	Mexican Beef	Grilled Chicken and Cheese Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Persian Rice Seasonal Vegetables	Potato Wedges Assorted Vegetables	Lemon Garlic Pasta Vegetable Antipasti	Naan Bread Assorted Vegetables	Garden Salad
	 Dessert / Desert	Fresh Fruit	Fresh Berry Yoghurt	Fresh Fruit	Chocolate Eclairs	Vanilla Yoghurt	

MENU LFIDD



aefe
Agence pour
l'enseignement français
à l'étranger

Week 21 - 30 May to 31 May 2022

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Assorted Fruits	Assorted Fruits				
D E J E U N E R - L U N C H	 Entrée / Starter	Baked Bread Salad and Dressing	Baked Bread Carrot and Coriander Soup Salad and Dressing				
	 Plat - Main	VEGETARIEN VEGETARIAN	Mongolian Mushroom & Soy Meat	Halloumi Cheese & Mushroom Skewers			
		VIANDE / POISSON MEAT / FISH	Mongolian Beef	Grilled Fish			
		ACCOMPAGNEMENTS SIDE ORDERS	Udon Noodles Root Vegetables	Sautee Potatoes Seasonal Vegetables			
 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt					