






MENU LFIDD



Week 1: 4th - 8th Sept 2023





		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
D E J E U N E R - L U N C H	 Entrée / Starter	 Fresh Baked bread Salad and Dressing	Fresh Baked Bread Salad and Dressing	Salad & dressing	Baked bread Salad and Dressing	Tomato Basil soup Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veggie Yassa	Veggie Stroganoff	Veggie Nuggets	Vegetarian Meatballs	Vegetarian Pie
		VIANDE / POISSON MEAT / FISH	Chicken Yassa	Beef Stroganoff	Fish Fingers	Italian Beef Patties	
		ACCOMPAGNEMENTS SIDE ORDERS	Lemon Rice Plantain	Penne Pasta Sautéed Veggies	Flat Bread & Hummus Seasonal Vegetables	Nut-Free Pesto Pasta Roasted Garlic Vegetables	Lyonnaise Potatoes Garden Salad
 Dessert / Desert	Vanilla Ice-Cream	Fresh Fruit	Marble Cake	Fresh Fruit	Vanilla Yoghurt		

** Please note that the themed day has a flag*

MENU LFIDD







Week 3: 18th - 22nd Sept 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	 Entrée / Starter	Minestrone Soup Baked Bread Salad Bar & Dressing	Baked Bread Salad Bar & Dressing	Fresh Bread Salad Bar & Dressing	Mushroom Soup Fresh Bread Salad Bar & Dressing	Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Meat Balls	Greek Frittata	Butter Bean Shakshuka	Tofu Samosa	Vegetable Tofu Samosa
		VIANDE / POISSON MEAT / FISH	Moroccan Meat Balls with Cardamon & Lemon	Paneer Biryani	Grilled Fish	Roast greek chicken	
		ACCOMPAGNEMENTS SIDE ORDERS	Flat Bread Hummus Vegetables	Chicken Biryani Sauteed French Beans	Bhajia	Greek Lemon Rice with Roast Garlic Lemon Garlic Vegetables	Pad Thai Noodles Vegetable Medley
 Dessert / Desert	Yoghurt	Fruit	Lime Yoghurt	Fruit	Vanilla Ice-cream		

MENU LFIDD



Week 4: 25th - 29th Sept 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	 Entrée / Starter	Carrot Lentil Soup Baked Bread Salad & Dressing	Garlic Bread Salad & Dressing	Salad & Dressing Baked Bread	Salad Bar & Dressing Focaccia Bread	Thai Chicken soup Baked Bread Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian Stroganoff	Vegetarian Nuggets	Mushroom Quiche	Tomato & Halloumi Bake	Shitake Mushroom Stir fry
		VIANDE / POISSON MEAT / FISH	Chicken Stroganoff	Baked Breaded Fish Carbonara sauce		Lebanese Stir-Fried Beef	Sesame Garlic Soy Chicken Wings
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable Rice Root Vegetables	Pasta Seasonal Vegetables	Sauté Potatoes Mixed Vegetables	Pita bread Greek Vegetables	Hibachi Fried Rice
 Dessert / Desert	Fresh Fruit	Yoghurt	Lemon Drizzle cake	Fresh Fruit	Fresh Strawberry Yoghurt		