





MENU LFIDD








Week 1: 2nd - 6th Oct 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 Bread Salad & Dressing	Roasted red pepper soup Fresh Baked Bread Salad & Dressing	Veggie Pizza Salad & dressing	Salad Bar & Dressing	Tomato Basil soup Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian Kebabs	Vegetarian Nuggets	Falafel	Lentil masala	Mushroom Quiche
		VIANDE / POISSON MEAT /FISH	Pepper Stir fried Beef	Garlic Rosemary chicken	Baked fish steaks	Butter chicken	
		ACCOMPAGNEMENTS SIDE ORDERS	Mexican Rice Plantain	Mashed Potatoes Vegetable Medley	Lemon Garlic Pasta Seasonal Vegetables	Chapati Creamed Spinach	Lyonnaise Potatoes Garden Salad
 Dessert / Desert	Yoghurt Parfait	Chocolate Chip Cookies	Fresh Fruit	Yoghurt	Fresh Fruit		

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Week 2: 9th - 13th Oct 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	
	 Entrée / Starter	Garlic Bread Salad Bar & Dressing	UTAMADUNI DAY	Fresh Bread Salad and Dressing	 Papadum Salad Bar and Dressing	Mushroom Soup Salad and Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN		Veg Balls	Veg bbq lollipop	Paneer Biriyani	Veg quesadilla with cheese & peppers
		VIANDE / POISSON MEAT /FISH		Italian Herbed Chicken	BBQ meatballs	Chicken Biriyani	
		ACCOMPAGNEMENTS SIDE ORDERS		Pasta Pomodoro Vegetable Stir Fry	Macaroni and cheese Assorted Vegetables	Indian Stir-Fried Okra	Beef quesadilla with cheese & peppers with Vegetable Antipasti
 Dessert / Desert	Fresh Fruit			Chocolate Mousse	Gulab Jamun	Vanilla Yoghurt	

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Week 3: 16th - 20th Oct 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation primaire/ Primary snack	Fresh Fruit s	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	 Entrée / Starter	Minestrone Soup Baked Bread Salad Bar & Dressing	Baked Bread Salad Bar & Dressing	Spring Rolls Salad Bar & Dressing	Tomato Soup Salad Bar & Dressing		
D E J U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Meat Balls	Vegetarian Pie	Mongolian soy stir fry	Paneer and lentil masala	School Holidays
		VIANDE / POISSON MEAT /FISH	Fish in Coconut Sauce		Boneless Kung Pao Chicken	Ethiopian Beef Stew (Key Wat)	
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable Rice Vegetables	Potato wedges Sauteed French Beans	Lo Mein Noodles Stir fried vegetables	Naan Bread Hummus Lemon Garlic Vegetables	
	 Dessert / Desert	Fresh Fruit	Ice cream	Cinnamon Rolls	Yoghurt		

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