





MENU LFIDD







Week 1: 6th - 10th Nov 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	Garlic Bread Salad and Dressing	Baked Bread Salad and Dressing	Veg samosa Salad Bar & Dressing	Thai Butter Squash soup Baked bread Salad and Dressing	Oven Crisps Tomato Basil soup Salad Bar & Dressing	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Lasagne	Black Bean Patties	Paneer Masala	Bean curry	Caprese Pesto Panini
		VIANDE / POISSON MEAT /FISH	Beef Lasagne	Baked fish fingers		Spanish beef stew	Chicken and cheese Panini
		ACCOMPAGNEMENTS SIDE ORDERS	Assorted Vegetables	Parsley Potatoes Sauté Vegetables	Chapati Creamed Spinach	Paella Rice Roasted Garlic Vegetables	Garden Salad
	 Dessert / Desert	Fresh Fruit	Yoghurt	Ice-cream	Fresh Fruit	Pineapple crumble	

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Week 2: 13th - 17th Nov 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	Sweet potato & red pepper soup Fresh Bread Salad Bar and Dressing	Baked Bread Salad and Dressing	Garlic Bread Salad and Dressing	Fresh Bread Salad Bar & Dressing	Tomato Basil Soup and Fresh Bread Salad Bar and dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian kofta Taginensauce	Seared Halloumi	Kung pao tofu and Cauliflower	Lentil & Mushroom Bourguignon	Spinach & Mushroom Crepes with cheese
		VIANDE / POISSON MEAT / FISH		Baked crusted fish served with tartar sauce	Beef Ragu	Chicken Mandi	Savoury Chicken mushroom Crepes with cheese
		ACCOMPAGNEMENTS SIDE ORDERS	Persian Rice Seasonal Vegetables	Gratin Potatoes Assorted Vegetables	Lemon Basil Pasta Vegetable Antipasti	Steamed Rice Creamed Spinach	Potato Salad
 Dessert / Desert	Chocolate eclairs	Fresh fruit	Fresh Strawberry Yoghurt	Fresh Fruit	Vanilla Yoghurt		

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Week 3: 20th - 24th Nov 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	Herbed Focaccia Bread Salad Bar & Dressing	Minestrone Soup Baked Bread Salad Bar & Dressing	Herbed Garlic Bread Salad Bar & Dressing	Thanksgiving Day Carrot & Ginger Soup Salad Bar & Dressing	Tomato basil soup Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg stroganoff	Pan fried garlic paneer	Veg kofta	Mushroom Stroganoff	Falafel
		VIANDE / POISSON MEAT / FISH	Beef Stroganoff	Grilled fish	Beef koftas	Grilled chicken & stuffing	
ACCOMPAGNEMENTS SIDE ORDERS		Vegetable rice Garlic Butter Vegetables	Potatoes with smoked Paprika Buttered French Beans	Spanish Rice Seasonal Vegetables	Macaroni & cheese	Garlic cheese Flatbread Hummus Vegetable Medley	
 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt	Fresh fruit	Brownies & ice-cream	Berry Yoghurt		

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Agence pour
l'enseignement français
à l'étranger

Week 4: 27th - 30th Nov 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	Chicken noodle soup Baked Bread Salad & Dressing	Baked Bread Salad & Dressing	 Vegetable Samosa Salad & Dressing	Salad Bar & Dressing	Thai coconut Chicken soup Baked Bread Salad Bar & Dressing	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Manchurian	Veggie Curry	Beans in Coconut	Halloumi burgers with chilli jam	Tofu samosa
		VIANDE / POISSON MEAT / FISH	Mongolian Beef	Coconut chicken curry	Swahili fish curry	Cheese Beef Burgers	
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable fried Rice Root Vegetables	Naan Bread Seasonal Vegetables	Coconut Rice Mixed Vegetables	French Fries Coleslaw	Yaki Udon Noodles
	 Dessert / Desert	Fresh Fruit	Yoghurt	Mahamri	Fresh Fruit	Fresh Strawberry Yoghurt	