





MENU LFIDD







Week 1: 1st Dec 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY
MATIN MORNING	 Collation Primaire/ Primary Snack					Fresh Fruit
D E J U N E R - L U N C H	 Entrée / Starter					Cream of tomato soup Fresh bread
	 Plat - Main	VEGETARIEN VEGETARIAN				Veg Kofta
		VIANDE / POISSON MEAT / FISH				Roast chicken
		ACCOMPAGNEMENTS SIDE ORDERS				Ugali Spinach
 Dessert / Desert					Vanilla Yoghurt	

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Week 2: 4th - 8th Dec 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI FRIDAY	
MATIN MORNING	 Collation Primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	 Entrée / Starter	Cream of mushroom soup Fresh Bread Salad Bar and Dressing	Baked Bread Salad and Dressing	Garlic Bread Salad and Dressing	Fresh Bread Salad Bar & Dressing	Pumkin Soup and Fresh Bread Salad Bar and dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian patties Tagline sauce	Seared Halloumi	Veg stroganoff	Veg Manchurian	Veg Burger
		VIANDE / POISSON MEAT /FISH	Chicken Mandi	Baked fish fingers served with tartar sauce	Beef stroganoff	Chinese chicken and broccoli stew	
		ACCOMPAGNEMENTS SIDE ORDERS	Persian Rice Seasonal Vegetables	Mashed Potatoes Assorted Vegetables	Pasta Vegetable Antipasti	Chinese stir fried rice	Fried plantain
 Dessert / Desert	Fresh fruit	Oatmeal raisin cookies	Fresh Strawberry Yoghurt	Fresh Fruit	Vanilla Yoghurt		

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Week 3: 11th - 15th Dec 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 Fresh Bread Salad Bar & Dressing	Baked Bread Salad Bar & Dressing	Herbed Garlic Bread Salad Bar & Dressing	Carrot & Ginger Soup Salad Bar & Dressing	Tomato basil soup Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg stroganoff	Pan fried garlic paneer	Veg pie	Paneer curry	Falafel
		VIANDE / POISSON MEAT / FISH	Beef Stir fry with peppers & basil	Chicken breast in marinara sauce	Beef pie	Guan fish curry	
		ACCOMPAGNEMENTS SIDE ORDERS	Chinese rice Garlic Butter Vegetables	Spaghetti with garlic & herb infused oil Buttered French Beans	Sautee potatoes Seasonal Vegetables	Coconut rice	Garlic Flatbread Hummus Vegetable Medley
 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt	Fresh fruit	Cake and custard	Berry Yoghurt		

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Week 4: 18th - 20th Dec 2023

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 Collation Primaire/ Primary Snack	Christmas cookies	Fresh Fruit	Fresh Fruit	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	
	 Entrée / Starter	Chicken noodle soup Baked Bread Salad & Dressing	Repas de Noël Baked Bread Salad & Dressing	Salad & Dressing			
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetable biriyani	Veggie Curry			Dhal masala
		VIANDE / POISSON MEAT / FISH		Beef chipolatas wrapped in bacon			Chicken masala
		ACCOMPAGNEMENTS SIDE ORDERS	Chicken biriyani Root Vegetables	Roast potatoes Candied butternut, French beans and cranberries			Chapati Cabbage, carrot & pepper stir fry
 Dessert / Desert	Fresh Fruit	Yule log & Ice Cream	Yoghurt				