





MENU LFIDD







Week 1: 1st - 2nd Feb 2024

| | | LUNDI MONDAY | MARDI TUESDAY | MERCREDI WEDNESDAY | JEUDI THURSDAY | VENDREDI FRIDAY | |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------------------|-----------------------|-------------------------------------------------------|----------------------|------------------------------------|
| MATIN MORNING |  Collation primaire/ Primary snack | | | | Fresh Fruit | Fresh Fruit | |
| |  Entrée / Starter | | | | Chinese noodle Soup Baked bread Salad and Dressing | Salad Bar & Dressing | |
| |  Plat - Main | VEGETARIEN VEGETARIAN | Grilled Veggie Patties | | | | Vegetarian fingers |
| | | VIANDE / POISSON MEAT / FISH | | | | | Fish fingers |
| | | ACCOMPAGNEMENTS SIDE ORDERS | Chicken fried rice Stir fried vegetables | | | | Lyonnaise Potatoes Garden Salad |
|  Dessert / Desert | | | | Fresh Fruit | Passion fruit Yoghurt | | |

MENU LFIDD



Week 3: 12th - 16th Feb 2024

| | | LUNDI MONDAY | MARDI TUESDAY | MERCREDI WEDNESDAY | JEUDI THURSDAY | VENDREDI FRIDAY | |
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| 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 | 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 | |
| | | VEGETARIEN VEGETARIAN | Veg Meat Balls | Greek Frittata | Vegetable Quiche | Tofu Samosa | Stir fry tofu noodles |
| |  Plat - Main | VIANDE / POISSON MEAT /FISH | Moroccan Meat Balls with Cardamon & Lemon | Rosemary chicken | | Fish Tajine | |
| | | ACCOMPAGNEMENTS SIDE ORDERS | Flat Bread Hummus Vegetables | Garlic lemon pasta Sauteed French Beans | Saute potatoes | Greek Lemon Rice with Roast Garlic Lemon Garlic Vegetables | Stir fried chicken Noodles Chinese garlic veg |
| |  Dessert / Desert | Yoghurt | Fruit | Choc-Chip cookies | Fruit | Yoghurt | |