





MENU LFIDD








Week 1: 8th - 12th Jan 2024

		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	Tomato Basil Soup Fresh 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	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetable Tagine	Baked Lentil Nuggets	Paneer Masala	Bean curry	Caprese Pesto sandwich
		VIANDE / POISSON MEAT /FISH	Chicken Tagine	Baked fish fingers		Spanish beef stew	Grilled Chicken and cheese Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Onion Rice Garlic Butter Vegetables	Rosemary Potatoes Sauté Vegetables	Chapati Creamed Spinach	Paella Rice Roasted Garlic Vegetables	Garden Salad
 Dessert / Desert	Fresh Fruit	Yoghurt	Marble Cake	Fresh Fruit	Yoghurt		

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Week 4: 29th - 31st Jan 2024

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI FRIDAY
MATIN MORNING	 Collation Primaire/ Primary Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit		
	 Entrée / Starter	Chicken noodle soup Baked Bread Salad & Dressing	Baked Bread Salad & Dressing	 Salsa & Guacamole		
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Bourguignon	Paneer potato Curry	Vegetarian quesadilla	
		VIANDE / POISSON MEAT / FISH	Beef Bourguignon		Beef quesadilla	
		ACCOMPAGNEMENTS SIDE ORDERS	Lemon Garlic Pasta Root Vegetables	Cilantro Rice Seasonal Vegetables	Mixed Vegetables	
	 Dessert / Desert	Fresh Fruit	Yoghurt	Churros with chocolate sauce		