






MENU LFIDD







Week 1: 4th - 8th March 2024

		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	Fresh Baked Bread Salad & Dressing	Roasted Red Pepper Soup Fresh Baked Bread Salad & Dressing	Fresh Baked Bread Salad & dressing	Salad & Dressing	 Thai Mango Salad Thai Cucumber Salad Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veggie Bourgeon	Vegetarian Nuggets	Vegetarian Bulgogi	Vegetarian Pie	Veggie Thai Yellow Curry
		VIANDE / POISSON MEAT / FISH	Chicken Yassa	Italian Beef Pattie's in tomato sauce	Rosemary Chicken	Beef Pie	
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable Rice Plantain	Pasta Vegetable Medley	Flat Bread	Sautee Potatoes Seasonal Vegetables	Coconut Rice Thai Veg Stir Fry
 Dessert / Desert	Fresh Fruit	Yoghurt	Fresh fruit	Yoghurt	Banana Fritters & Ice-cream		

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Week 2: 11th - 15th March 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	
	 Entrée / Starter	Chicken noodle soup Fresh Baked Bread Salad Bar and Dressing	Vegetable Samosa Salad and Dressing	Salad and Dressing	Fresh Baked Bread Salad Bar & Dressing	Tomato Soup Baked Bread Salad Bar and dressing	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Sticky Sesame Crispy Tofu	Vegetarian Kofta	Vegetarian pie	Cheese Quesadilla	Tomato, Basil, Cheese & Mushroom Sandwich
		VIANDE / POISSON MEAT /FISH	Italian Herbed Chicken	Fish Puttanesca		Beef & Cheese Quesadilla	Chicken, Basil & Mozzarella Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Pasta Pomodoro Vegetable Stir Fry	Paella Rice Vegetable Ratatouille	Roast Potatoes Vegetable Antipasti	Assorted Vegetables	German Potato Salad
	 Dessert / Desert	Berry Yoghurt	Fresh Fruit	Vanilla Cake and custard	Fresh Fruit	Yoghurt Parfait	

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Week 3: 18th - 22nd March 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	
	 Entrée / Starter	Minestrone Soup Baked Bread Salad Bar & Dressing	Baked Bread Salad Bar & Dressing	Fresh Bread Salad Bar & Dressing	Salad Bar & Dressing	Veggie Pizza	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Meat Balls	Greek Frittata	Lebanese Stir-Fry Veggie Tenders	Paneer Samosa	Paneer Biryani
		VIANDE / POISSON MEAT / FISH	Chicken Tagine	Fish Fingers	Lebanese Stir-Fry Beef	Roast Greek Chicken	
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable Rice Vegetables	Lemon and Garlic Pasta Sauteed French Beans	French Fries	Pita Bread Hummus, Garlic Sauce and condiments Lemon Garlic Vegetables	Creamed Spinach
	 Dessert / Desert	Yoghurt	Fruit	Yoghurt	Fruit	Ice-cream	

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Week 4: 25th - 29th March 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		
	 Entrée / Starter	Garlic Bread Salad Bar	Vegetable Soup Fresh Bread Salad Bar	Spring Rolls Salad Bar	Mushroom Soup Fresh Bread Salad Bar		
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Stroganoff	Dhal Masala	Veggie Nuggets	Cauliflower Steaks with Cheese	<u>Easter Holidays</u> Good Friday
		VIANDE / POISSON MEAT / FISH	Beef Stroganoff	Boneless Chicken Masala	Fish Fingers	Rosemary Grilled Chicken	
		ACCOMPAGNEMENTS SIDE ORDERS	Pasta Vegetable Medley	Butter Rice Creamed Spinach	Parsley Potatoes Glazed Carrots	Carbonara Pasta Roasted Vegetables	
 Dessert / Desert	Fresh fruit	Pineapples with Chocolate Sauce	Fresh Fruit	Easter Bunny Cupcakes			