





MENU LFIDD







Week 1: 9th – 13th March 2026

		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	Fresh Baked Bread Salad & Dressing	Roasted Red Pepper Soup Fresh Baked Bread	Fresh Baked Bread Salad & dressing	Salad & Dressing	Tomato basil soup Fresh Baked Bread	
	 Plat - Main	VEGETARIEN VEGETARIAN	Lentil patties	Vegetarian Bolognese	Falafel	Vegan butter lentils	Veg sausages
		VIANDE / POISSON MEAT /FISH	Spanish chicken in olives	Beef bolognese	Chicken kebabs		Grilled beef sausages
		ACCOMPAGNEMENTS SIDE ORDERS	Swahili Rice	Pasta Vegetable Medley	Sauté potatoes Tzatziki sauce Steamed French & carrot	Vegetable rice Palak paneer	Pesto pasta Sautéed vegetables
 Dessert / Desert	Fresh Fruit	Yoghurt	Fresh fruit	Chocolate cookies	Yoghurt		

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Week 2: 16th - 20th March 2026

		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	Vegetable soup Fresh Baked Bread	Salad and Dressing	Salad and dressing	Salad Bar & Dressing	Tomato Soup Baked Bread	
	 Plat - Main	VEGETARIEN VEGETARIAN	Sticky Sesame Crispy Tofu	Soy mushroom patty	Vegetarian burger with cheese	Butter bean mushroom masala,	Tomato, Basil, Cheese & Mushroom Sandwich
		VIANDE / POISSON MEAT / FISH	Beef basil	Fish patties in Goan curry sauce	Beef hamburger with with cheese		Crispy Chicken, Basil & Mozzarella Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Chinese veg rice Vegetable Stir Fry	Pasta Creamed spinach	French fries Salad bar	Soft layered chapati Sautéed Vegetables	German Potato Salad
 Dessert / Desert	Fresh Fruit	Yoghurt	Fresh Fruit	Cake Mabré	Yoghurt		

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Week 3: 23rd – 27th March 2026

		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	Baked Bread Salad Bar & Dressing	Mushroom soup Fresh Baked Bread	Salad Bar & Dressing Fresh baked bread	Veggie samosa	
D E J E U N E R - L U N C H	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Meat Balls	Veg lasagne	Vegetarian soy patties	Veg kebab	Paneer Biryani
		VIANDE / POISSON MEAT /FISH	Chicken Yassa	Beef lasagne	Rosemary garlic chicken	Fish kebab	
		ACCOMPAGNEMENTS SIDE ORDERS	Vegetable Rice Plantain Vegetables	Lasagne Sauteed French Beans	Creamy mashed potatoes	Pita Bread Hummus, Garlic Sauce and condiments Lemon Garlic Vegetables	Spring vegetable medley
 Dessert / Desert	Fresh fruit	Yoghurt	Fruit tarts	Fruit	Ice-cream		