










# MENU LFIDD



## Week 1: 11<sup>th</sup> May - 15<sup>th</sup> May 2026





### INTERNATIONAL WEEK

		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	Asia  Spring Rolls	Mexico  Salad Bar & Dressing	USA  Salad Bar & Dressing	Europe  Pizza	Nigeria  Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Tofu kebab	Mushroom quesadilla	Vegetarian Hot Dogs	Eggplant Milanese	Vegetarian Jollof Rice
		VIANDE / POISSON MEAT / FISH	Chicken Rogan Josh	Beef Quesadilla	Hot Dogs	Chicken Milanese	
D E J E U N E R - L U N C H	ACCOMPAGNEMENTS SIDE ORDERS	Naan bread Thai papaya salad	Corn on the Cobb	French Fries Salad	Spaghetti in marinara sauce Vegetables	Jollof rice with chicken Fried plantains	
	 Dessert / Desert	Mango sago	Grilled pineapple with cinnamon	Ice cream	Eclair	Fruit	

# MENU LFIDD







## Week 2: 18<sup>th</sup> - 22<sup>nd</sup> May 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 Bread Salad Bar and Dressing	Fresh Bread Salad Bar and Dressing	Salad And Dressing	Veggie Pizza Salad Bar & Dressing	Tomato Basil Soup Salad Bar and Dressing	
D E J E U N E R - L U N C H	 Plat - Main	<b>VEGETARIEN VEGETARIAN</b>	Vegetarian Seekh Kebab	Vegetarian Bolognese	Butter Bean in Coconut Lime Curry	Lentil Mushroom Patties	Vegan Kidney Bean Patties with Garlic Sauce
		<b>VIANDE / POISSON MEAT / FISH</b>	Chicken Kebab Chutney	Beef Bolognese	Chicken Guisado		Fish Fingers with Tartar Sauce
		<b>ACCOMPAGNEMENTS SIDE ORDERS</b>	Fragrant Rice Grilled Vegetables	Pasta Vegetable Ratatouille	Chapati Vegetable Medley	Steamed Rice Assorted Vegetables	Potato Wedges
	 Dessert / Desert	Fresh Fruit	Yoghurt	Fresh Fruit	Orange Pound Cake	Yoghurt	

# MENU LFIDD



## Week 3: 25<sup>th</sup> - 29<sup>th</sup> May 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 Fresh Baked Bread Salad Bar & Dressing	Fresh Baked Bread Salad Bar & Dressing	Fresh Baked Bread Salad Bar & Dressing	Tomato Soup Salad Bar & Dressing	Garlic Bread Salad Bar & Dressing	
D E J E U N E R - L U N C H	 Plat - Main	<b>VEGETARIEN VEGETARIAN</b>	Vegetable Tagine	Mushroom Quiche	Mongolian Soy Stir-Fry	Paneer And Lentil Masala	Pesto Bean Shakshuka
		<b>VIANDE / POISSON MEAT / FISH</b>	Chicken Tagine		Italian Meatballs	Baked Fish in Olive Mediterranean Stew	Chicken Milanese
		<b>ACCOMPAGNEMENTS SIDE ORDERS</b>	Vegetable Rice Vegetables	Roast Potatoes Sautéed French Beans	Penne Arrabbiata Stir-Fry Vegetables	Flat Bread Hummus Steamed Vegetables	Pasta Creamed Spinach
	 Dessert / Desert	Fresh Fruit	Ice Cream	Fresh Fruit	Yoghurt	Fresh Fruit	

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