










MENU LFIDD



Week 1: 11th May - 15th 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	
D E J E U N E R - L U N C H	 Entrée / Starter	<u>Nigeria</u>  Salad Bar & Dressing	<u>Mexico</u>  Salad Bar & Dressing	<u>USA</u>  Salad Bar & Dressing	<u>Europe</u>  Pizza	<u>Asia</u>  Spring Rolls	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian Jollof Rice	Mushroom quesadilla	Vegetarian Hot Dogs	Eggplant Milanese	Tofu kebab
		VIANDE / POISSON MEAT / FISH		Beef Quesadilla	Hot Dogs	Chicken Milanese	Chicken Rogan Josh
		ACCOMPAGNEMENTS SIDE ORDERS	Jollof rice with chicken Fried plantains	Corn on the Cobb	French Fries Salad	Spaghetti in marinara sauce Vegetables	Naan bread Thai papaya salad
 Dessert / Desert	Fruit	Grilled pineapple with cinnamon	Ice cream	Eclair	Mango Sago		

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Week 2: 18th - 22nd 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	VEGETARIEN VEGETARIAN	Vegetarian Seekh Kebab	Vegetarian Bolognese	Butter Bean in Coconut Lime Curry	Lentil Mushroom Patties	Vegan Kidney Bean Patties with Garlic Sauce
		VIANDE / POISSON MEAT /FISH	Chicken Kebab Chutney	Beef Bolognese	Chicken Guisado		Fish Fingers with Tartar Sauce
		ACCOMPAGNEMENTS SIDE ORDERS	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	

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Week 3: 25th - 29th May 2026

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
D E J E U N E R - L U N C H	 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	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetable Tagine	Mushroom Quiche	Mongolian Soy Stir-Fry	Paneer And Lentil Masala	Pesto Bean Shakshuka
		VIANDE / POISSON MEAT / FISH	Chicken Tagine		Italian Meatballs	Baked Fish in Olive Mediterranean Stew	Chicken Milanese
		ACCOMPAGNEMENTS SIDE ORDERS	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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