





MENU LFIDD







Week 3: 15th - 19th June 2026

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
M A T I N M O R N I N G	 Collation primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	 Entrée / Starter	Vegetable Soup Baked Bread	Baked Bread Salad Bar & Dressing	Spring Rolls Salad Bar & Dressing	Minestrone Soup Salad Bar & Dressing	Garlic Bread Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian Lasagne	Veg Tagine	Mongolian Soy Stir-Fry	Mushroom Quiche	Pisto Spanish Veg Stew
		VIANDE / POISSON MEAT / FISH	Beef Lasagne	Fish In Coconut Sauce	Chinese Stir-Fry Chicken		Chicken In Olives
		ACCOMPAGNEMENTS SIDE ORDERS	Beef Lasagne Sautéed Vegetables	Rice	Lo Mein Noodles Chinese Cabbage	Potato Wedges Sautéed French Beans	Spanish Rice Valencian Vegetables
 Dessert / Desert	Fresh Fruit	Ice Cream	Yoghurt	Apple Pie	Yoghurt		

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Week 4: 22nd - 26th June 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	
D E J E U N E R - L U N C H	 Entrée / Starter	Garlic Bread Salad Bar & Dressing	Pumkin Soup Fresh Bread	Salad Bar & Dressing Veg Samosa	Fresh Bread Salad Bar & Dressing	Tomato Soup	
		VEGETARIEN VEGETARIAN	Soy Mince Ragu	Bean Curry	Chickpea Paneer Mhakni	Grilled Halloumi	Tomato, Basil, Cheese & Mushroom Sandwich
	 Plat - Main	VIANDE / POISSON MEAT /FISH	Beef Ragu	Chicken Mandi		Battered Fish Tartar Sauce	Chicken, Basil & Mozzarella Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Penne Steamed Vegetables	Arabian Rice Vegetable Medley	Butter Naan Creamed Spinach	Rosemary Potatoes Assorted Vegetables	Garden Salad
	 Dessert / Desert	Fresh Fruit	Lemon Drizzle Cake	Vanilla Ice-Cream	Fresh Fruit	Yoghurt	

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Week 5: 29th June – 3rd July 2026

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
M A T I N D 	 Collation primaire/ Primary snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	 Entrée / Starter	Garlic Bread Salad Bar & Dressing	Vegetable Soup Baked Bread	Salad Bar & Dressing	Lentil Soup Fresh Bread Salad Bar & Dressing	Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Eggplant Milanese	Coconut Butter Bean Curry	Veggie Kebabs	Grilled Paneer	Vegetarian Hot Dogs
		VIANDE / POISSON MEAT / FISH	Chicken Milanese		Beef Stroganoff	Fish Cake	Hot Dogs
		ACCOMPAGNEMENTS SIDE ORDERS	Spaghetti In Marinara Sauce Vegetables	Steamed Rice Palak Paneer	Chapati Grilled Vegetables	Macaroni And Cheese Vegetables	French Fries Salad
 Dessert / Desert	Fresh Fruit	Puff Puff	Fresh Fruit	Yoghurt	Ice Cream		