

MENU LFIDD



Week 1: 28th Sept – 2nd Oct 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		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 Sauteed Vegetables		Rice	Lo Mein Noodles Chinese Cabbage	Potato Wedges Sauteed French Beans	Spanish Rice Valencian Vegetables
	 Dessert / Desert		Fresh Fruit	Yoghurt	Fresh Fruit	Dark Choc chip loaf	Yoghurt	

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Week 2: 5th – 9th Oct 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
	 Plat - Main	VEGETARIEN VEGETARIAN	Soy Mince Ragu	Bean Curry	Harissa Butter Bean	Grilled Halloumi	Tomato, Basil, Cheese & Mushroom Sandwich
		VIANDE / POISSON MEAT /FISH	Beef Ragu	Stir fried chicken		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	Yoghurt	Oatmeal Raisin Cookies	Fresh Fruit	Yoghurt

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Week 3: 12th – 16th Oct 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	Vegetable Soup Salad bar	Salad Bar & Dressing	Lentil Soup Fresh Bread Salad bar snd dressing	Salad Bar & Dressing
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Milanese	Pea paneer Curry	Veggie Kebabs	Grilled	Vegetarian Hot Dogs
		VIANDE / POISSON MEAT /FISH	Chicken Milanese		Beef Stroganoff	Grilled chicken	Fish fingers
		ACCOMPAGNEMENTS SIDE ORDERS	Spaghetti In Marinara Sauce Vegetables	Chapati Creamed Spinach	Steamed Rice Grilled Vegetables	Macaroni And Cheese Vegetables	French Fries Salad
	 Dessert / Desert			Fresh Fruit	Ice cream	Fresh Fruit	Yoghurt