

LFIDD MENU



Week 1: 1st – 4th Sept 2026

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY
MATIN MORNING	 Collation primaire/ Primary snack			Fresh Fruit	Fresh Fruit	Fresh Fruit
D E J U N E R - L U N C H	 Entrée / Starter			Salad bar and dressing	Veg samosa Salad and Dressing	Salad Bar & Dressing
	 Plat - Main			Veggie Nuggets		
				Pea paneer tikka masala		
				Vegetarian burger		
				Fish cakes		
				Potato wedges		
				Flat Bread & Hummus Seasonal Vegetables		
				Lemon parsley Rice Roasted Garlic Vegetables		
				Chicken Burger & cheese		
	 Dessert / Desert			Fresh fruit	Cookies	Yoghurt

* Please note that the themed day has a flag

LFIDD MENU



Week 2: 7th - 11th Sept 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 and Dressing	Fresh Baked Bread Salad Bar	Fresh Baked Bread Chicken noodle soup	Salad Bar & Dressing	 Fresh Baked bread Salad and Dressing
		VEGETARIEN VEGETARIAN	Sticky Sesame Crispy Tofu Soy patties Chickpea Tagine Veg kebab Veggie Yassa				
		VIANDE / POISSON MEAT /FISH	Beef Bolognese Rosemary chicken Fish kebab Poulet Yassa				
		ACCOMPAGNEMENT S SIDE ORDERS	Pasta Vegetable Stir Fry Roast potatoes Guacamole Buttered rice Vegetable Antipasti Pita bread Assorted Vegetables Vegetable Rice Plantain				
		Dessert / Desert		Berry Yoghurt	Fresh Fruit	Chocolate cake	Fruit

LFIDD MENU



Week 3: 14th – 18th Sept 2026

		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI 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	Tomato Soup Fresh baked bread	Baked Bread Salad Bar & Dressing	Chicken noodle soup Fresh Baked Bread	Salad Bar & Dressing	Garlic bread Salad Bar & Dressing
	 Plat - Main	VEGETARIEN VEGETARIAN VIANDE / POISSON MEAT /FISH ACCOMPAGNEMENTS SIDE ORDERS				
		Veg Meat Balls	Paneer Biryani	Vegetable Quiche	Vegetarian curry	Thai basil tofu
		Italian Meat Balls Marinara sauce	Chicken Biryani		Coconut lime fish curry	Chicken Milanese
		Pasta Vegetables	Sauteed French Beans	Potato Wedges Mixed Vegetables	Rice Creamed Spinach	Pasta Vegetable Medley
	 Dessert / Desert	Fruit	Yoghurt	Fresh Fruit	Eclairs	Yoghurt

LFIDD MENU



Week 4: 21st – 25th Sept 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		Butternut Soup Baked Bread Salad & Dressing	Salad & Dressing	Salad & Dressing	Salad Bar & Dressing	Minestrone soup-and bread
		VEGETARIEN VEGETARIAN	Vegetarian tagine	Paneer butter masala	Vegetarian sandwich	Veggie Quesadilla	Shitake Mushroom Stir fry
		VIANDE / POISSON MEAT /FISH	Chicken tagine		Chicken basil mozzarella sandwich	Beef Quesadilla	Sesame Garlic Soy Chicken
		ACCOMPAGNEMENTS SIDE ORDERS	Basmati pilaf Root Vegetables	Naan bread Seasonal Vegetables	Potato Salad Mixed Vegetables	Buttered sweet corn	Hibachi Fried Rice
	 Dessert / Desert		Fresh Fruit	Moist Orange Chocolate Cake	Yoghurt	Fresh Fruit	Fresh Strawberry Yoghurt