

MENU LFIDD



Week 1: 2nd – 6th Nov 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		Fresh Bread Salad and Dressing	Baked Bread Salad and Dressing	Thai Butter Squash Soup	Veg Samosa Salad Bar & Dressing	Tomato Basil Soup Tortilla Chips
	Plat - Main	VEGETARIEN VEGETARIAN	Vegetable Ratatouille	Pan Fried Garlic Paneer	Pea Potato Tagine	Bean Curry	Caprese Pesto Sandwich
		VIANDE / POISSON MEAT /FISH	Grilled Rosemary Chicken	Battered Fish		Italian Meatballs	Pesto Chicken and Cheese Sandwich
		ACCOMPAGNEMENTS SIDE ORDERS	Flat Bread Hummus Honey Glazed Carrots and Green Beans	Potatoes With Smoked Paprika	Rice Creamed Spinach	Pasta French Beans	Potato Salad
	 Dessert / Desert		Yoghurt	Fresh Fruit	Lemon drizzle loaf	Fresh Fruit	Yoghurt

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Week 2: 9th - 13th Nov 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		Carrot & Ginger Soup Fresh Bread	Baked Bread Salad and Dressing	Garlic Bread Salad and Dressing	Fresh Bread Salad Bar & Dressing	Vegetable Soup and Fresh Bread
	Plat - Main	VEGETARIEN VEGETARIAN	Vegetarian Guisado	Seared Halloumi	Vegetarian Ragu	Thai Stir-Fry Tofu	Paneer Masala
		VIANDE / POISSON MEAT /FISH	Spanish Chicken with Olives	Baked Crusted Fish Served with Tartar Sauce	Grilled Chicken Marinara Sauce	Thai Beef Basil	
		ACCOMPAGNEMENTS SIDE ORDERS	Spanish Rice Seasonal Vegetables	Potato Wedges Assorted Vegetables	Lemon And Sage Rigatoni Vegetable Medley	Steamed Rice Vegetables	Chapati Creamed Spinach
	 Dessert / Desert		Yoghurt	Fresh Fruit	Yoghurt	Fresh Fruit	Brownies

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Week 3: 16th – 20th Nov 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	Baked Bread Salad Bar & Dressing	Minestrone Soup Baked Bread	Salad Bar & Dressing	Fresh Bread Salad Bar & Dressing	Salad Bar & Dressing
	Plat - Main	VEGETARIENVEGETARIAN				
		VIANDE / POISSON MEAT /FISH				
		ACCOMPAGNEMENTS SIDE ORDERS				
	 Dessert / Desert	Fresh Fruit	Vanilla Yoghurt	Fresh Fruit	Pineapple Crumble	Berry Yoghurt

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Week 4: 23rd – 27th Nov 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 Baked Bread	Salad Bar & Dressing	Lentil Soup Fresh Bread	Salad Bar & Dressing	
	 Plat - Main	VEGETARIEN VEGETARIAN	Veg Hotdog		Falafel	Veggie Kebabs	Grilled Paneer	Vegetarian Milanese
		VIANDE / POISSON MEAT /FISH	Hot Dogs		Beef Stroganoff		Fish Cake Garlic Sauce	Chicken Milanese
		ACCOMPAGNEMENTS SIDE ORDERS	French Fries Salad		Flat Bread Hummus Steamed Vegetables		Rice Grilled Vegetables	Macaroni & Cheese Vegetables
	 Dessert / Desert			Fresh Fruit	Puff Puff	Fresh Fruit	Yoghurt	Ice Cream