

ARTVIC LTD

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NAME OF STUDENT

CLASS :

LUNCH MENU FOR JULY 2021

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
MONDAY 05 JULY	Chicken sausage Créole style - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables Créole style - Rice - Sautéed vegetables	B			
TUESDAY 06 JULY	Sautéed Chicken Hungarian style - Pene pasta with mushrooms - Salad	A	Fruit or yoghurt		
	Sautéed Vegetables Hungarian style - Pene pasta with mushrooms - Salad	B			
WEDNESDAY 07 JULY	Fish Chop suey - Cantonese Rice	A	Fruit or yoghurt		
	Fish Chop suey - Cantonese Rice	B			
THURSDAY 08 JULY	Chicken brochettes - Mushrooms sauce - Grilled vegetables salad	A	Fruit or yoghurt		
	Vegetables brochettes - Mushrooms sauce - Grilled vegetables salad	B			
FRIDAY 09 JULY	Spaghetti bolognaise with Chicken - Crudities		Fruit or yoghurt		

	Spaghetti bolognaise with vegetables - Crudities				
MONDAY 12 JULY	Pulao with chicken and vegetables	A	Fruit or yoghurt		
	Pulao with vegetables	B			
TUESDAY 13 JULY	Chicken bourguignon - Buttered Tagliatelles - Crudities	A	Fruit or yoghurt		
	Vegetables bourguignon - Buttered Tagliatelles - Crudities	B			
WEDNESDAY 14 JULY	Chicken Brochette with Mediterranean sauce - Rice with vegetables	A	Fruit or yoghurt		
	Vegetables Brochette with Mediterranean sauce - Rice with vegetables	B			
THURSDAY 15 JULY	Fish with ginger - Sautéed noodles - Salad	A	Fruit or yoghurt		
	Vegetables with ginger - Sautéed noodles - Salad	B			
DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
FRIDAY 16 JULY	Chicken Lasagna - Green salad				
	Vegetables Lasagna - Green salad				
MONDAY 19 JULY	Chicken Mulugatawny - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables Mulugatawny - Rice - Sautéed vegetables	B			

TUESDAY 20 JULY	Roast Chicken marinated with herbs - Vegetables purée - Bread	A	Fruit or yoghurt		
	Grilled vegetables - Vegetables purée - Bread	B			
WEDNESDAY 21 JULY	Rice Chinese style with chicken and egg		Fruit or yoghurt		
	Rice Chinese style with vegetables				
THURSDAY 22 JULY	Pizza with smoked marlin, pepper, maize, mushrooms	A	Fruit or yoghurt		
	Pizza with vegetables , pepper, maize, mushrooms	B			
FRIDAY 23 JULY	Roast chicken - Mushrooms sauce - Dauphinois gratin - Salad		Fruit or yoghurt		
	Ratatouille - Dauphinois gratin - Salad				