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NAME OF STUDENT :

CLASS :

LUNCH MENU FOR SEPTEMBER 2021

| DAY | MENUS | | DESSERT | CHOSEN MENU | REMARKS / ANY OTHER CHOICE |
|---------------------------------------|--|---|------------------|-------------|----------------------------|
| WEDNESDAY 01 SEPTEMBER | Fish Créole style - Saffron rice - Greens | A | Fruit or yoghurt | | |
| | Vegetables Créole style - Saffron rice - Greens | B | | | |
| THURSDAY 02 SEPTEMBER | Roast chicken with mushrooms sauce - Potato gratin - salad | A | Fruit or yoghurt | | |
| | Ratatouille - Potato gratin - salad | B | | | |
| FRIDAY 03 SEPTEMBER | Pizza with chicken ham, pineapple, olive and mushrooms | A | Fruit or yoghurt | | |
| | Pizza with vegetables | B | | | |
| MONDAY 06 SEPTEMBER | Chicken sausages Créole style - Rice - Lentils fricassée | A | Fruit or yoghurt | | |
| | Vegetables Créole style - Rice - Lentils fricassée | B | | | |
| TUESDAY 07 SEPTEMBER | Spaghetti bolognaise (chicken) - Crudities | A | Fruit or yoghurt | | |
| | Spaghetti bolognaise (vegetables) - Crudities | B | | | |
| WEDNESDAY 08 SEPTEMBER | Roast beef with herbs sauce - Baked potatoes - Ratatouille | A | Fruit or yoghurt | | |
| | Vegetables brochette with herbs sauce - Baked potatoes - Ratatouille | B | | | |
| THURSDAY 09 SEPTEMBER | Chicken sweet and sour sauce - Rice - Vegetables chop suey | A | Fruit or yoghurt | | |
| | Teocon sweet and sour sauce - Rice - Vegetables chop suey | B | | | |
| FRIDAY 10 SEPTEMBER | chicken Lasagna - Crudities | A | Fruit or yoghurt | | |
| | Vegetables Lasagna - Crudities | B | | | |
| MONDAY 13 SEPTEMBER | Chicken Mulugatawny - Rice - Lentils Fricassée | A | Fruit or yoghurt | | |
| | Vegetables Mulugatawny - Rice - Lentils Fricassée | B | | | |
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| TUESDAY 14 SEPTEMBER | chicken Printanière - Potato Purée - Crudities | A | Fruit or yoghurt | | |
| | Vegetables Printanière - Potato Purée - Crudities | B | | | |
| WEDNESDAY 15 SEPTEMBER | Penne pasta salad with vegetables and smoked Marlin | A | Fruit or yoghurt | | |
| | Penne pasta salad with vegetables and teocon | B | | | |
| THURSDAY 16 SEPTEMBER | Minced chicken with prunes - Sautéed potatoes - Crudities | A | Fruit or yoghurt | | |
| | Sautéed potatoes - Ratatouille - Crudities | B | | | |
| FRIDAY 17 SEPTEMBER | Sautéed Noodles Chines style with chicken and Egg | A | Fruit or yoghurt | | |
| | Sautéed Noodles Chinese style with vegetables | B | | | |
| MONDAY 20 SEPTEMBER | Sautéed chicken sausages with onions - Rice - Green vegetables | A | Fruit or yoghurt | | |
| | Sautéed teocon with vegetables - Rice - Green vegetables | B | | | |
| TUESDAY 21 SEPTEMBER | Minced chicken provençale - Baked potatoes - Salad | A | Fruit or yoghurt | | |
| | Vegetables provençale - Baked potatoes - Salad | B | | | |
| WEDNESDAY 22 SEPTEMBER | Quiche with smoked Marlin - Green salad | A | Fruit or yoghurt | | |
| | Quiche with vegetables - Green salad | B | | | |
| THURSDAY 23 SEPTEMBER | Hachis parmentier with chicken - Salad | A | Fruit or yoghurt | | |
| | Hachis parmentier with vegetables - Salad | B | | | |
| FRIDAY 24 SEPTEMBER | Sautéed beef Hungarian style - Penne pasta with mushrooms - Salad | A | Fruit or yoghurt | | |
| | Sautéed Vegetables Hungarian style - Penne pasta with mushrooms - Salad | B | | | |
| MONDAY 27 SEPTEMBER | Chicken Curry - Rice - Vegetables Fricassée | A | Fruit or yoghurt | | |
| | Rice - Vegetables Fricassée - Black Lentils | B | | | |
| TUESDAY 28 SEPTEMBER | chicken Navarin - Potato Purée - Mixed salad | A | Fruit or yoghurt | | |
| | Vegetables Navarin - Potato Purée - Mixed salad | B | | | |
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| WEDNESDAY 29 SEPTEMBER | Sautéed fish with mustard sauce - Tagliatelles with vegetables | A | Fruit or yoghurt | | |
| | Vegetables Brochette, tomato sauce - Tagliatelles with vegetables | B | | | |

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| THURSDAY 30 SEPTEMBER | Stuffed pancake with chicken ham and mushrooms - Green salad - Grilled vegetables | A | Fruit or yoghurt | | |
| | Stuffed pancake with vegetables and mushrooms - Green salad - Grilled vegetables | B | | | |