

NAME OF STUDENT :

CLASS :

**LUNCH MENU FOR OCTOBER 2021**

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
<b>FRIDAY 01 OCTOBER</b>	Pulao with chicken, chicken sausages and vegetables	A	Fruit or yoghurt		
	Pulao with vegetables	B			
<b>MONDAY 04 OCTOBER</b>	Sautéed chicken sausages with onions - Rice - Lentils fricassée	A	Fruit or yoghurt		
	Sautéed vegetables with onions - Rice - Lentils fricassée	B			
<b>TUESDAY 05 OCTOBER</b>	Chicken Goulash - Tagliatelles with vegetables	A	Fruit or yoghurt		
	Potato and chou chou Goulash - Tagliatelles with vegetables	B			
<b>WEDNESDAY 06 OCTOBER</b>	Quiche with chicken ham - Salad	A	Fruit or yoghurt		
	Quiche with vegetables - Salad	B			
<b>THURSDAY 07 OCTOBER</b>	Fish with ginger sauce - Noodles - Stir fry vegetables	A	Fruit or yoghurt		
	Teocon with ginger sauce - Noodles - Stir fry vegetables	B			
<b>FRIDAY 08 OCTOBER</b>	Chicken Biryani - Cucumber salad	A	Fruit or yoghurt		
	Vegetables Biryani - Cucumber salad	B			
<b>MONDAY 11 OCTOBER</b>	Chicken sausages Créole sauce - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Soya and Vegetables Créole sauce - Rice - Sautéed vegetables	B			
<b>TUESDAY 12 OCTOBER</b>	Minced chicken pepper sauce - Pan fried potatoes and vegetables	A	Fruit or yoghurt		
	Vegetables brochette with tomato sauce - Pan fried potatoes and vegetables	B			
<b>WEDNESDAY 13 OCTOBER</b>	Fish Créole sauce - Saffron rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables Créole sauce - Saffron rice - Sautéed greens	B			
DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
<b>THURSDAY 14 OCTOBER</b>	Minced chicken Stroganoff sauce - Baked potatoes - Vegetables with garlic	A	Fruit or yoghurt		
	Minced vegetables Stroganoff sauce - Baked potatoes - Vegetables with garlic	B			
<b>FRIDAY 15</b>	Chicken Lasagna - Green salad	A	Fruit or		

<b>OCTOBER</b>	Vegetables Lasagna - Green salad	B	yoghurt		
<b>MONDAY 18 OCTOBER</b>	Pizza with chicken ham, pineapple, olive and mushrooms - Salad	A	Fruit or yoghurt		
	Pizza with vegetables - Salad	B			
<b>TUESDAY 19 OCTOBER</b>	Sautéed chicken Hungarian style - Penne pasta with mushrooms - Salad	A	Fruit or yoghurt		
	Sautéed Vegetables Hungarian style - Penne pasta with mushrooms - Salad	B			
<b>WEDNESDAY 20 OCTOBER</b>	Roast chicken with mushrooms sauce - Vegetables gratin - Salad	A	Fruit or yoghurt		
	Ratatouille - Vegetables gratin - Salad	B			
<b>THURSDAY 21 OCTOBER</b>	Sautéed Noodles Chinese style with chicken and Egg	A	Fruit or yoghurt		
	Sautéed Noodles Chinese style with vegetables	B			
<b>FRIDAY 22 OCTOBER</b>	Buffet of faratas and dhol purees (Gros pois / Giraumon / Rougaille / Chicken curry)	A	Fruit or yoghurt		
		B			
<b>MONDAY 25 OCTOBER</b>	Chicken curry with potato - Rice - Black lentils	A	Fruit or yoghurt		
	Vegetables curry - Rice - Black lentils	B			
<b>TUESDAY 26 OCTOBER</b>	Grilled fish with lemon, Tagliatelle with vegetables	A	Fruit or yoghurt		
	Grilled vegetables, Tagliatelle and Ratatouille	B			
<b>WEDNESDAY 27 OCTOBER</b>	Rice Chinese style with chicken and egg	A	Fruit or yoghurt		
	Rice Chinese style with vegetables	B			
<b>THURSDAY 28 OCTOBER</b>	Roast chicken with herbs - Potato purée - Baked vegetables	A	Fruit or yoghurt		
	Ratatouille - Potato purée - Baked vegetables	B			
<b>FRIDAY 29 OCTOBER</b>	Spaghetti bolognaise with chicken - Crudities	A	Fruit or yoghurt		
	Spaghetti bolognaise with vegetables - Crudities	B			