

NAME OF STUDENT :

CLASS :

LUNCH MENU FOR MAY 2022

DAY	MENUS		DESSERT	CHOSEN MENU
MONDAY 02 MAY	Chicken Pulao with vegetables	A	Fruit or yoghurt	
	Vegetables Pulao	B		
TUESDAY 03 MAY	PUBLIC HOLIDAY (If the public holiday will be on the 04th, the meals that were planned for the 04th will be served on the 03 rd)	A	Fruit or yoghurt	
		B		
WEDNESDAY 04 MAY	Roast chicken marinated with herbs - Vegetables and Potato gratin - Salad	A	Fruit or yoghurt	
	Grilled vegetables - Vegetables and potato gratin - Salad	B		
THURSDAY 05 MAY	Fish Créole style - Safron Rice - Sautéed Greens	A	Fruit or yoghurt	
	Vegetables Créole style - Safron Rice - Sautéed Greens	B		
FRIDAY 06 MAY	Chicken Nuggets - Baked potatoes - Salad	A	Fruit or yoghurt	
	Vegetables Nuggets - Baked potatoes - Salad	B		
MONDAY 09 MAY	Chicken sausage Créole Style - Rice - Sautéed vegetables	A	Fruit or yoghurt	
	Vegetables Créole Style - Rice - Sautéed vegetables	B		
TUESDAY 10 MAY	Spaghetti bolognaise (chicken), crudities	A	Fruit or yoghurt	
	Spaghetti bolognaise (vegetables), crudities	B		
WEDNESDAY 11 MAY	Potato salad with Tuna and Maize	A	Fruit or yoghurt	
	Vegetables salad with Maize	B		
THURSDAY 12 MAY	Chinese Noodles with chicken and egg	A	Fruit or yoghurt	
	Chinese Noodles with vegetables	B		
DAY	MENUS		DESSERT	CHOSEN MENU
FRIDAY 13 MAY	Pizza with chicken ham, pineapple, pepper and mushrooms - Salad	A	Fruit or yoghurt	
	Pizza with pineapple, pepper and mushrooms - Salad	B		
MONDAY 16	Chicken curry with coconut milk - Rice - Lentils fricassé	A	Fruit or	

MAY	Vegetables curry with coconut milk - Rice - Lentils fricassé	B	yoghurt	
TUESDAY 17 MAY	Chicken Strogonoff - Tagliatelles with vegetables	A	Fruit or yoghurt	
	Vegetables Strogonoff - Tagliatelles with vegetables	B		
WEDNESDAY 18 MAY	Chicken Brochette with herbs - Potato Gratin - Salad	A	Fruit or yoghurt	
	Vegetables Brochette with herbs - Potato Gratin - Salad	B		
THURSDAY 19 MAY	Fish sweet and sour sauce - Cantonese Rice	A	Fruit or yoghurt	
	Vegetables sweet and sour sauce - Cantonese Rice	B		
FRIDAY 20 MAY	Chicken Lasagna - Crudities	A	Fruit or yoghurt	
	Vegetables Lasagna - Crudities	B		
MONDAY 23 MAY	Chicken daube - Rice - Red beans	A	Fruit or yoghurt	
	Vegetables daube - Rice - Red beans	B		
TUESDAY 24 MAY	Chicken Ragout with mushrooms - Bakes potatoes - Salad	A	Fruit or yoghurt	
	Vegetables Ragout with mushrooms - Bakes potatoes - Salad	B		
WEDNESDAY 25 MAY	Pasta Salad (olives, pepper, maize, tomato, pickle) with chicken ham	A	Fruit or yoghurt	
	Pasta salad (olives, pepper, maize, tomato, pickle) with Vegetables brochette	B		
DAY	MENUS		DESSERT	CHOSEN MENU
THURSDAY 26 MAY	Fish Biryani - Cucumber salad	A	Fruit or yoghurt	
	Vegetables Biryani - Cucumber salad	B		
FRIDAY 27 MAY	Italian Buffet (pasta and accompniments)	A	Fruit or yoghurt	
		B		
MONDAY 30 MAY	Chicken sausage Chinese Style - Rice - Sautéed vegetables		Fruit or yoghurt	
	Vegetables Créole style - Rice - Sautéed vegetables			
TUESDAY 31 MAY	Minced chicken Mediterranean sauce - Pan fried vegetables	A	Fruit or yoghurt	
	Sautéed vegetables Mediterranean sauce - Pan fried vegetables	B		

**REMARKS / ANY
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