

Contacts : Jaimie : 59861001

NAME OF STUDENT :

CLASS :

LUNCH MENU FOR JULY 2022

DAY	MENUS		DESSERT	CHOSEN MENU
FRIDAY 01 JULY	Beef ragout with herbs - Baked potatoes - Ratatouilles	A	Fruit or yoghurt	
	Vegetables brochette with herbs - Baked potatoes - Ratatouilles	B		
MONDAY 04 JULY	Chicken sausage Chinese Style - Rice - Black lentils	A	Fruit or yoghurt	
	Vegetables Chinese Style - Rice - Black lentils	B		
TUESDAY 05 JULY	Sautéed Beef Hungarian style - Pene pasta with mushrooms - Salad	A	Fruit or yoghurt	
	Sautéed Vegetables Hungarian style - Pene pasta with mushrooms - Salad	B		
WEDNESDAY 06 JULY	Roast chicken with tomato sauce - Vegetables gratin - Sautéed vegetables - Bread	A	Fruit or yoghurt	
	Vegetables gratin - Sautéed vegetables with toffu - Bread	B		
THURSDAY 07 JULY	Fish Créole style - Saffron rice - Sautéed Greens	A	Fruit or yoghurt	
	Vegetables Créole style - Saffron rice - Sautéed Greens	B		
FRIDAY 08 JULY	Noodles Chinese style with chicken and eggs	A	Fruit or yoghurt	
	Noodles Chinese style with vegetables	B		
MONDAY 11 JULY	Chicken Curry with coconut milk - Rice - Sautéed vegetables	A	Fruit or yoghurt	
	Vegetables Curry with coconut milk - Rice - Sautéed vegetables	B		
TUESDAY 12 JULY	Fish gratin - Poached vegetables with herbs - Green salad - Bread	A	Fruit or yoghurt	
	Vegetables gratin - Poached vegetables with herbs - Green salad - Bread	B		
WEDNESDAY 13 JULY	Spaghetti bolognaise (chicken) - Crudities	A	Fruit or yoghurt	
	Spaghetti bolognaise (vegetables) - Crudities	B		
DAY	MENUS		DESSERT	CHOSEN MENU
THURSDAY 14 JULY	Beef Navarin - Tagliatelles - Green salad	A	Fruit or yoghurt	
	Vegetables Navarin - Tagliatelles - Green salad	B		

FRIDAY 15 JULY	Roast Chicken with Mushrooms sauce - Dauphinois gratin - Salad	A	Fruit or yoghurt	
	Ratatouille - Dauphinois gratin - Salad	B		
MONDAY 18 JULY	Beef curry with potatoes - Rice - sauted greens	A	Fruit or yoghurt	
	Vegetables curry - Rice - sauted greens	B		
TUESDAY 19 JULY	Chicken sweet and sour sauce - Rice - Vegetables chop suey	A	Fruit or yoghurt	
	Toffu with sweet and sour sauce - Rice - Vegetables chop suey	B		
WEDNESDAY 20 JULY	Beef provençale - Roasted Potatoes - Salad	A	Fruit or yoghurt	
	Provençale Ratatouille - Roasted Potatoes - Salad	B		
THURSDAY 21 JULY	Stuffed pancakes with Marlin - Crudities	A	Fruit or yoghurt	
	Stuffed pancakes with Vegetables - Crudities	B		
FRIDAY 22 JULY	Chicken Lasagna - Crudities	A	Fruit or yoghurt	
	Vegetables Lasagna - Crudities	B		

**REMARKS / ANY
OTHER CHOICE**

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