

NAME OF STUDENT :

CLASS :

LUNCH MENU FOR OCTOBER 2022

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
MONDAY 03 OCTOBER	Sautéed chicken sausages with onions - Rice - Lentils fricassée	A	Fruit or yoghurt		
	Sautéed vegetables with onions - Rice - Lentils fricassée	B			
TUESDAY 04 OCTOBER	Chicken Ragout with olives - Pan fried vegetables and potatoes	A	Fruit or yoghurt		
	Vegetables Ragout with olives - Pan fried vegetables and potatoes	B			
MONDAY 10 OCTOBER	Chicken sausages Créole style - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Soya and vegetables Créole style - Rice - Sautéed vegetables	B			
TUESDAY 11 OCTOBER	Spaghetti bolognaise with beef - Green salad	A	Fruit or yoghurt		
	Spaghetti bolognaise with vegetables - Green salad	B			
WEDNESDAY 12 OCTOBER	Fish créole style - Saffron rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables créole style - Saffron rice - Sautéed greens	B			
THURSDAY 13 OCTOBER	Chicken cassoulet - Green salad	A	Fruit or yoghurt		
	Vegetables cassoulet - Green salad	B			
FRIDAY 14 OCTOBER	Chicken Lasagna - Salad	A	Fruit or yoghurt		
	Vegetables lasagna - Salad	B			
MONDAY 17 OCTOBER	Pulao with chicken, chicken sausage and vegetables	A	Fruit or yoghurt		
	Pulao with vegetables	B			
TUESDAY 18 OCTOBER	Sautéed beef bourguignon - Penne pasta with mushroom - Salad	A	Fruit or yoghurt		
	Sautéed vegetables bourguignon - Penne pasta with mushrooms - Salad	B			
WEDNESDAY 19 OCTOBER	Fish Tajine - Couscous with herbs - Crudities	A	Fruit or yoghurt		
	Vegetables Tajine - Couscous with herbs - Crudities	B			
THURSDAY	Pizza with chicken ham, pineapple, olive and mushrooms	A	Fruit or		

20 OCTOBER	Pizza with vegetables	B	yoghurt		
DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
FRIDAY 21 OCTOBER	Sautéed noodles Chinese style with chicken and egg	A	Fruit or yoghurt		
	Sautéed noodles Chinese style with vegetables	B			
MONDAY 24 OCTOBER	PUBLIC HOLIDAY	A	Fruit or yoghurt		
		B			
TUESDAY 25 OCTOBER	Chicken fricassée - Rice - Sautéed greens	A	Fruit or yoghurt		
	Potato and patole fricassée - Rice - Sautéed Greens	B			
WEDNESDAY 26 OCTOBER	Beef Goulash - Tagliatelles with vegetables	A	Fruit or yoghurt		
	Chouchou and potato Goulash - Tagliatelles with vegetables	B			
THURSDAY 27 OCTOBER	Fish with ginger sauce - Noodles - Stir fry vegetables	A	Fruit or yoghurt		
	Teocon with ginger sauce - Noodles - Stir fry vegetables	B			
FRIDAY 28 OCTOBER	Chicken Biryani - Cucumber salad	A	Fruit or yoghurt		
	Vegetables Biryani - Cucumber salad	B			
MONDAY 31 OCTOBER	Beef curry - Rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables curry - Rice - Sautéed greens	B			