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NAME OF STUDENT :

CLASS :

LUNCH MENU FOR JANUARY 2023

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
MONDAY 09 JANUARY	Chicken sausage Créole style - Rice - Black lentils	A	Fruit or yoghurt		
	Chouchou and Toffu Créole style - Rice - Black lentils	B			
TUESDAY 10 JANUARY	Spaghetti bolognaise with chicken - Mixed Salad	A	Fruit or yoghurt		
	Spaghetti bolognaise with vegetables - Mixed Salad	B			
WEDNESDAY 11 JANUARY	Sautéed fish with lemon sauce - Rice with vegetables - Salad	A	Fruit or yoghurt		
	Ratatouille - Rice with vegetables - Salad	B			
THURSDAY 12 JANUARY	Hachis parmentier with chicken - Crudities	A	Fruit or yoghurt		
	Hachis parmentier with vegetables - Crudities	B			
FRIDAY 13 JANUARY	Sautéed Noodles Chinese style with chicken and egg	A	Fruit or yoghurt		
	Sautéed Noodles Chinese style with vegetables	B			
MONDAY 16 JANUARY	Chicken mulugatawny - Rice - Greens	A	Fruit or yoghurt		
	Vegetables mulugatawny - Rice - Greens	B			
TUESDAY 17 JANUARY	Minced chicken with marengo sauce - Tagliatelle with vegetables	A	Fruit or yoghurt		
	Ratatouille - Tagliatelle with vegetables	B			
WEDNESDAY 18 JANUARY	Fish créole sauce - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables créole sauce - Rice - Sautéed vegetables	B			
THURSDAY 19 JANUARY	Lasagna with chicken - Crudities	A	Fruit or yoghurt		
	Lasagne with vegetables - Crudities	B			
FRIDAY 20 JANUARY	Chicken Nuggets - Baked potatoes - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables Nuggets - Baked potatoes - Sautéed vegetables	B			
DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
MONDAY 23	Pulao with chicken, chicken sausage and vegetables	A	Fruit or		

JANUARY	Pulao with vegetables	B	yoghurt		
TUESDAY 24 JANUARY	Fish sweet and sour sauce - Noodles - Vegetables Chinese style	A	Fruit or yoghurt		
	Tofu sweet and sour sauce - Noodles - Vegetables Chinese style	B			
WEDNESDAY 25 JANUARY	Chicken salmis - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Chouchou and eggplant salmis - Rice - Sautéed vegetables	B			
THURSDAY 26 JANUARY	Pizza with (chicken ham, mushrooms, pepper) - Salad	A	Fruit or yoghurt		
	Pizza with vegetables - Salad	B			
FRIDAY 27 JANUARY	PASTA BUFFET (ITALIENNES)	A	Fruit or yoghurt		
		B			
MONDAY 30 JANUARY	Chicken sausage curry - Rice - Sautéed greens	A	Fruit or yoghurt		
	Chouchou and toffu curry - Rice - Sautéed greens	B			
TUESDAY 31 JANUARY	Penne pasta gratin with chicken and vegetables - Salad	A	Fruit or yoghurt		
	Penne pasta gratin with vegetables - Salad	B			