

NAME OF STUDENT :

CLASS :

**LUNCH MENU FOR FEBRUARY 2023**

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
<b>THURSDAY 02 FEBRUARY</b>	Spaghetti bolognaise (Chicken) - Crudities	A	Fruit or yoghurt		
	Spaghetti bolognaise (vegetables) - Crudities	B			
<b>FRIDAY 03 FEBRUARY</b>	Chicken Lasagna - Salad	A	Fruit or yoghurt		
	Vegetables Lasagna - Salad	B			
<b>MONDAY 06 FEBRUARY</b>	Chicken sausage Chop suey - Rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables Chop suey - Rice - Sautéed greens	B			
<b>TUESDAY 07 FEBRUARY</b>	Chicken ragout with olives, Penne pasta with vegetables	A	Fruit or yoghurt		
	Toffu ragout with olives, Penne pasta with vegetables	B			
<b>WEDNESDAY 08 FEBRUARY</b>	Chicken curry with potato - Rice - Red beans	A	Fruit or yoghurt		
	Potato and chouchou curry - Rice - Red beans	B			
<b>THURSDAY 09 FEBRUARY</b>	Fish gratin - Sautéed vegetables - Green salad	A	Fruit or yoghurt		
	Vegetables gratin - Sautéed vegetables - Green salad	B			
<b>FRIDAY 10 FEBRUARY</b>	Sautéed Noodles Chinese style with chicken and egg	A	Fruit or yoghurt		
	Sautéed Noodles Chinese style with vegetables	B			
<b>MONDAY 13 FEBRUARY</b>	Chicken sausages Créole style - Rice - Black lentils	A	Fruit or yoghurt		
	Chouchou and Tofu Créole style - Rice - Black lentils	B			
<b>TUESDAY 14 FEBRUARY</b>	Fish sweet and sour sauce - Sautéed Noodles	A	Fruit or yoghurt		
	Tofu sweet and sour sauce - Sautéed Noodles	B			
<b>WEDNESDAY 15 FEBRUARY</b>	Chicken 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 16</b>	Hachis parmentier with chicken - Crudities	A	Fruit or		

<b>16 FEBRUARY</b>	Hachis parmentier with vegetables - Crudities	B	yoghurt		
<b>FRIDAY 17 FEBRUARY</b>	Pizza with chicken ham, mushrooms, maize, olives - Salad	A	Fruit or yoghurt		
	Pizza with mushrooms, maize, olives - Salad	B			
<b>MONDAY 20 FEBRUARY</b>	Chicken Pulao with chicken sausage and vegetables	A	Fruit or yoghurt		
	Pulao with vegetables	B			
<b>TUESDAY 21 FEBRUARY</b>	Chicken Navarin - Potato purée - Mixed salad	A	Fruit or yoghurt		
	Vegetables Navarin - Potato purée - Mixed salad	B			
<b>WEDNESDAY 22 FEBRUARY</b>	Fish ginger sauce - Sautéed Noodles - Salad	A	Fruit or yoghurt		
	Vegetables ginger sauce - Sautéed Noodles - Salad	B			
<b>THURSDAY 23 FEBRUARY</b>	Roast chicken with herbs sauce - Dauphinois Gratin - Salad	A	Fruit or yoghurt		
	Vegetables brochette with herbs sauce - Dauphinois Gratin - Salad	B			
<b>FRIDAY 24 FEBRUARY</b>	FARATA/DHOLL PURI BUFFET	A	Fruit or yoghurt		
		B			
<b>MONDAY 27 FEBRUARY</b>	Chicken curry with coconut sauce - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables with coconut sauce - Rice - Sautéed vegetables	B			
<b>TUESDAY 28 FEBRUARY</b>	Fish Biryani - Cucumber salad	A	Fruit or yoghurt		
	Vegetables Biryani - Cucumber salad	B			