

THE STAIRS LTD

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NAME OF STUDENT :

CLASS :

LUNCH MENU FOR MAY 2023

DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
TUESDAY 02 MAY	Chicken curry and potato with coconut milk - Rice - Black lentils	A	Fruit or yoghurt		
	Vegetables curry with coconut milk - Rice - Black lentils	B			
WEDNESDAY 03 MAY	Chicken ragout with herbs - Baked potatoes - Ratatouilles	A	Fruit or yoghurt		
	Vegetables brochette with herbs - Baked potatoes - Ratatouilles	B			
THURSDAY 04 MAY	Fish Créole sauce - Saffron Rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables Créole sauce - Saffron Rice - Sautéed greens	B			
FRIDAY 05 MAY	Buffet of faratas and dhol purees (Gros pois / pumpkin / Rougaille / Chicken curry)	A	Fruit or yoghurt		
		B			
MONDAY 08 MAY	Chicken sausages Créole style - Rice - Black lentils	A	Fruit or yoghurt		
	Chouchou and Toffu Créole style - Rice - Black lentils	B			
TUESDAY 09 MAY	Penne pasta gratin with fish and herbs - Pan fried vegetables	A	Fruit or yoghurt		
	Penne pasta gratin with vegetables - Pan fried vegetables	B			
WEDNESDAY 10 MAY	Chicken Salmis - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables Salmis - Rice - Sautéed vegetables	B			
THURSDAY 11 MAY	Chicken Chop suey - Sautéed Noodles - Greens	A	Fruit or yoghurt		
	Vegetables Chop suey - Sautéed Noodles - Greens	B			
FRIDAY 12 MAY	Pizza margarita with chicken ham - Salad	A	Fruit or yoghurt		
	Pizza margarita - Salad	B			
DAY	MENUS		DESSERT	CHOSEN MENU	REMARKS / ANY OTHER CHOICE
MONDAY 15 MAY	Pulao with chicken, chicken sausage and vegetables	A	Fruit or yoghurt		
	Pulao with vegetables	B			

TUESDAY 16 MAY	Spaghetti bolognaise with chicken - Crudities	A	Fruit or yoghurt		
	Spaghetti bolognaise with vegetables - Crudities	B			
WEDNESDAY 17 MAY	Fish Créole style - Rice - Sautéed greens	A	Fruit or yoghurt		
	Vegetables Créole style - Rice - Sautéed greens	B			
THURSDAY 18 MAY	Chicken Nuggets - Baked potato - Sautéed vegetables - Salad	A	Fruit or yoghurt		
	Vegetables Nuggets - Baked potato - Sautéed vegetables - Salad	B			
FRIDAY 19 MAY	Chicken Biryani - Cucumber and Carrot salad	A	Fruit or yoghurt		
	Vegetables Biryani - Cucumber and Carrot salad	B			
MONDAY 22 MAY	Sautéed Chicken sasages Chinese Style - Cantonese Rice	A	Fruit or yoghurt		
	Sautéed vegetables Chinese Style - Cantonese Rice	B			
TUESDAY 23 MAY	Sautéed Fish Andalusian style - Baked potatoes - Mixed salad	A	Fruit or yoghurt		
	Sautéed Toffu Andalusian style - Bakes potatoes - Mixed salad	B			
WEDNESDAY 24 MAY	Chicken fricassée - Rice - Sautéed greens	A	Fruit or yoghurt		
	Chochou and potato fricssée - Rice - Sautéed greens	B			
THURSDAY 25 MAY	Chicken Lasagna - Crudities	A	Fruit or yoghurt		
	Vegetables Lasagna - Crudities	B			
FRIDAY 26 MAY	Sautéed Noodles Chinese style with chicken and egg	A	Fruit or yoghurt		
	Sautéed Noodles Chinese style with vegetables	B			
MONDAY 29 MAY	Kalia of chicken sausage - Rice - White beans	A	Fruit or yoghurt		
	Kalia of vegetables - Rice - White beans	B			
TUESDAY 30 MAY	Harchis parmentier with chicken - Crudities	A	Fruit or yoghurt		
	Harchis parmentier with vegetables - Crudities	B			
WEDNESDAY 31 MAY	Fish curry with coconut milk - Rice - Sautéed vegetables	A	Fruit or yoghurt		
	Vegetables curry with coconut milk - Rice - Sautéed vegetables	B			