

Starchy food

Vegetables

Eggs and Poultry

Fish and seafood

Beef and pork

Dessert

KIDS

MENU

2-6 Mar



Morning Snack : Fruit or Cookies and



Raw Vegetables of the Day
(N) Symbol means new recipe.
Sauces are served separately.

Stir fried vegetables	Steamed green vegetables	Tempura	Mixed Vegetables	Baked Vegetables
Stir fried chicken	Pasta	Mashed potato	Yellow Noodles	Tomato fried Rice
Ham/Cheese Scrambled Eggs	Bolognese	Stewed Chicken	Grilled fish	Bruschetta(N)
Stir fried chicken	Roasted Pork loin	Breadcrumbsed Fish	Stir fried pork Pork	Egg fritter(N)
Vanilla cake		Bread pudding	Yogurt	Chocolate Frappe

What's new!!!:
 2 lunch services at kindergarten,
 GS:11h00 to 11h30
 PS/MS: 11h30 to 12h00
 CE1: self service with staff assistance.
 A second choice available for kindergarten ,CP and CE1.
 Soy milk may be



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9-13 Mar



Morning Snack : Fruit or Cookies and



Raw Vegetables of the Day
(N) Symbol means new recipe.
Sauces are served separately.

<p>Steamed vegetables</p> <p>Steamed Rice</p> <p>Roasted Chicken</p> <p>Baked fish</p> <p>Chocolate Cake</p>	<p>Grilled Veggies</p> <p>Roasted Potatoes</p> <p>Russian eggs</p> <p>Stir fried minced Beef</p> <p>Caramel Custard</p>	<p>Grilled tomatoes</p> <p>Yellow noodles</p> <p>Roasted Pork</p> <p>Grilled Fish</p> <p>Choco pudding</p>	<p>Macedoine</p> <p>Butter Rice</p> <p>Stir Fried Chicken</p> <p>Bruschetta</p> <p>Yogurt</p>	<p>Stir Fried Vegetables</p> <p>Pasta</p> <p>Pork Sausage with Tomato Sauce</p> <p>Beef Meat Balls</p> <p>Vanilla Ice Cream</p>
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16-20 Mar



Morning Snack : Fruit or Cookies and



Raw Vegetables of the Day
(N) Symbol means new recipe.
Sauce are served separately.

<p>Steamed Vegetables</p> <p>Steamed Rice</p> <p>Poached eggs</p> <p>Roasted chicken</p> <p>Butter Cake</p>	<p>Trilogy of Vegetables (corn,peas,carrot)</p> <p>Roasted Potato</p> <p>Grilled beef</p> <p>Baked fish</p> <p>Pinnapple Custard</p>	<p>Stir fried green leaves</p> <p>Pasta</p> <p>Alfredo</p> <p>Potato omelet</p> <p>Chocolate frappe</p>	<p>Stir fried vegetables</p> <p>Fried rice</p> <p>Grilled Chicken</p> <p>Grilled Fish</p> <p>Yogurt</p>	<p>Stir Fried Vegetables</p> <p>Potato Gratin</p> <p>Beef stew</p> <p>Sausage in Tomato sauce</p> <p>Cream chou</p>
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KIDS MENU

23-27 Mar



Morning Snack : Fruit or Cookies and



Raw Vegetable of the Day
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Baked Vegetables	Grilled corn	Green Vegetables	Grilled Tomatoes	Vegetables Au gratin
Steamed Rice	Mashed potato	Fried Rice	Pasta	French fries
Stir fried Pork	Mini pork ribs	Stir Fried Chicken	Minced pork With fresh tomatoes	Beef pattie
Fish with Tomato Sauce	Chicken Wings	Boiled eggs Tamarin sauce	Omelet	Breadcrumbs Fish
Thai Dessert	Crumble	Chocolate cake	Yogurt	Chocolate Ice Cream

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MENU

30 mar-

3 Apr

Morning Snack : Fruit or Cookies and



Raw Vegetables of the Day
(N) Symbol means new recipe.
Sauce are served separately.

Stir fried Vegetables	Carot Vichy	Stir Fried Vegetables	Stir fried vegetables	Stir Fried , Corn and Green Peas.
Steamed Rice	baked Potatoes	Fried Rice	Yellow noodles	Stir fried potatoes
Baked Chicken	Cheesy Scrambled eggs	Beef patties	Bolognese	Chicken karaage
Pork Navarin	Baked Fish	Grilled chicken	Russian Eggs	Baked fish
Thai Dessert	Banana Cake	Chocolate crumble	Yogurt	Mixed Fruit Frappe

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6-10 Apr



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Baked spinachs	Grilled Vegetables	Steamed Carrots	Green peas and carrots	Green beans Vegetables
Steamed Rice	Pasta	Baked Potatoes	Stir fried noodles	Fried rice
Breadcrumbs Chicken	Grilled Sausages	Pork Garlic	Cordon bleu	Deep fried Chicken fingers
Beef in tomato sauce	Grilled Fish	Scrambled eggs	Fish au gratin	Beef with garlic
Chocolate chips Cake	Rolls Chocolate	Crumble Vamilla	Yogurt	Ice cream 2 flavors

