

Semaine 2- Dimanche 8/11/2020 au Jeudi 12/11/2020

	Plat principal	Accompagnements	Salade	Déssert
Dimanche	chicken BBQ sauce	Sweet Potato wedges White rice	Sweet corn Salade	Rice pudding
Lundi	Roast beef (Gravy Sauce)	White rice Carrot with sweet corn	Beetroot Salade	Season fruit
Mardi	chicken stew	Pasta Spinach Creamy sauce /white Sauce Turkish pumpkin	Chickpeas Salade	Fruits Punch
Mercredi	Mexican Chicken Salsa	White rice Stir fry veggies	Coleslaw Salade	Oats pudding
Jeudi	Beef Stroganoff	Pasta Alfredo sauce sautéed beans	Russian Salade	Seasonal fruit

Semaine 3- Dimanche 15/11/2020 au Jeudi 19/11/2020

	Plat principal	Accompagnements	Salade	Fruit/Yahourt
Dimanche	Shish Tawook	Penne Arrabiata Sautéed Veggies	Mixed beans Salade	Crème caramel
Lundi	Beef fajita	White Rice Glazed carrot	potato Salade	Seasonal fruit



Mardi	Grilled chicken with garlic lemon crème sauce	Potato soufflé Sautéed Pumpkin	Mexican Salade	Fruit Salade
Mercredi	Grilled chicken herbed Tomato sauce	White rice Mixed Beans, carrot & corn	Cucumber Yahourt Salade	Wheat Pudding
Jeudi	Swiss burgers	Roasted Potatoes Mini burger buns	Coleslaw Salade	Season fruit

Semaine 4- Dimanche 22/11/2020 au Jeudi 26/11/2020

	Plat principal	Accompagnements	Salade	Fruit/Yahourt
Dimanche	Chicken fajita	White rice White beans tomato Sauce	Beetroot	Rice pudding
Lundi	Swedish Meatballs	Veggie Lasagna Glazed carrots	sweet corn	Fruit punch
Mardi	Grilled Chicken	White Rice Molokheya	Raita Salade	Oats pudding
Mercredi	Chicken stew	Penne Napolitana Italian herbed Veggies	Coleslaw	Seasonal fruit
Jeudi	Beef goulash	Vermicelli Rice Wedge sweet potato	Russian Salade	Custard with fruit

