

Lycee Francais de Kuala Lumpur

WEEK FROM 11 TO 15 MARCH 2019					
1	MONDAY 11 MARCH	TUESDAY 12 MARCH	WEDNESDAY 13 MARCH	THURSDAY 14 MARCH	FRIDAY 15 MARCH
Starter	Grated carrot and apple salad	"Paris" salad style		Samoussa	Creamy carrot soup
	*****	*****	Garden salad	*****	*****
Western Lunch	Braised beef balls	Chicken leg with mustard sauce	Vegetables stuffed with chicken meat	Cottage pie	Fish tempura
	Tomato sauce	French fries	Thym juice	Green salad	Rice with almond and pineapple
Asian Lunch	Pénne with butter ***** OR *****	Sauteed zucchini ***** OR *****	***** OR ***** Japenese omlette	Carrot stew ***** OR *****	Ratatouille ***** OR *****
	Butter rice	Thai fried mee hoon	Sauteed eggplant	Tomyam fried rice	Eggs curry
	Curry squid	Beef black papper	*****	Sweet sour fish	Steamed noodles
	Sauteed kailan *****	Sauteed Kailan *****	Cheese plate	Sweet phak choi *****	mix vegetables *****
Bof et dessert	Gouda	Orange	Fruits	Peach yogurt	Fruits yogurt
	Chocolat yogurt	Banana cake		Apple	Emmental

* All dishes are served with water and bread

**"Menu may change according to consignment"

Lycee Francais de Kuala Lumpur

		WEEK FROM 18 TO 22 MARCH 2019				
2		MONDAY 18 MARCH	TUESDAY 19 MARCH	WEDNESDAY 20 MARCH	THURS 21 MARCH	FRIDAY 22 MARCH
Starter		Vegetable salad	Beetroot salad		Cheese puff pastry	Cauliflower soup
		*****	*****	*****	*****	*****
Western Lunch		Grilled chicken breast with pineapple	Beef stew with carrot	Chicken breast stuffed with cheese	Slowly cook lamb	Grilled tilapia fillet with virgin sauce
		Wedges potato	Spaghetti with butter	Braised potato with capsicum	Gratinated mached potato	Rice with corn
		Braised eggplant with tomato	Green peas	Sauteed zucchini	"Tajine"vegetable	Spinach and pumpkin
Asian Lunch		***** OR ***** Hokian fried mee Beef capitan	***** OR ***** Grilled chicken thai Fried rice with pineapple	***** OR ***** Beef roti john Garden salad	***** OR ***** Bibimpap	***** OR ***** Fried keaw teow Eggs curry
		Sauteed mix vegetables	Steamed bean sprout & sawi			Wok vegetables
Bof et dessert		***** Fruit yogurt Honey dew	***** Gouda cheese Cookies	***** Cheese plate "Crème brulée"	***** Vanilla yogurt Dragon fruit	***** Edam cheese Ice cream

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Lycee Francais de Kuala Lumpur

		WEEK FROM 25 TO 29 MARCH 2019				
3		MONDAY 25 MARCH	TUESDAY 26 MARCH	WEDNESDAY 27 MARCH	THURSDAY 28 MARCH	FRIDAY 29 MARCH
Starter	Cherry tomato and corn salad	Eggs "mimosa"			Cheese pizza	Pumpkin soup
	*****	*****			*****	*****
Western Lunch	Grilled chicken with htym	Beef lasagna	Cheese and chorizo olette		Beef roasted with mushroom sauce	Tempura fish
	French fries	Sauteed green bean			Hashbrown potato	Plain rice
	Baked tomatoes				Green vegetables	Braised cabbage
	***** OR *****	***** OR *****	*****OR***		***** OR *****	***** OR *****
Asian Lunch	Mee mamak	Chicken tandorri	Lamb kebab		Chicken and tofu soup	Nasi lemak
	Beef rendang	Biryani rice			Tomato rice	Omelette
	Sauteed eggplant	Tomato and cucumber	Garden salad			Sauteed kangkung
	*****	*****	*****		*****	*****
Bof et dessert	Vanilla yogurt	Gouda cheese	Cheese plater		Emmental cheese	Fruit yogurt
	Papaya	Apple	Fruit		Marble cake	Watermelon

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KINDERGARTEN MENU		WEEK FROM 11 TO 15 MARCH 2019			
1	MONDAY 11 MARCH	TUESDAY 12 MARCH	WEDNESDAY 13 MARCH	THURSDAY 14 MARCH	FRIDAY 15 MARCH
Starter	Grated carrots/apple	"Paris" salad style		Samoussa	Creamy carrot soup
	*****	*****		*****	*****
Western Lunch	Braised beef balls Tomato sauce Pénne with butter	Chicken leg with mustard French fries Sauteed zucchini		Cottage pie Green salad Carrot stew	Fish tempura Rice with almond and pineapple Ratatouille
	*****	*****		*****	*****
Bof et dessert	Gouda Chocolat yogurt	Orange Banana cake		Peach yogurt Apple	Fruits yogurt Emmental

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Starter	Vegetable salad	Beetroot salad		Cheese puff pastry	Cauliflower soup
	*****	*****		*****	*****
Western Lunch	Grilled chicken breast with Wedges potato	Beef stew with carrot Spaghetti with butter		Slowly cook lamb Gratinated mached potato	Grilled tilapia fillet with Rice with corn
	Braised eggplant with tomato	Green peas		"Tajine"vegetable	Spinach and pumpkin
	*****	*****		*****	*****
Bof et dessert	Fruit yogurt Honey dew	Gouda cheese Cookies		Vanilla yogurt Dragon fruits	Edam cheese Ice cream

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Starter		Cherry tomato and corn salad	"Grecque"salad		Cheese pizza	Pumpkin soup
		*****	*****		*****	*****
Western Lunch		Grilled chicken with htym	Beef lasagna		Beef roasted with mushroom sauce	Tempura fish
		French fries	Sauteed green bean		Hashbrown potato	Plain rice
		Baked tomatoes			Green vegetables	Braised cabbage
		*****	*****		*****	*****
Bof et dessert		Vanilla yogurt Papaya	Gouda cheese Apple		Emmental cheese Marble cake	Fruit yogurt Dragon fruit

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