



Lycée Français de
Kuala Lumpur
LFKL
Henri Fauconnier
LUNCH MENU



		MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
STARTER		SALADE DE LEGUMES					SALADE PARISIENNE					SALADE DU JOUR					SOUPE DE COURGETTE					MACEDOINE DE LEGUMES				
		●	✓		✓		●	✓	✓			●	✓	✓	✓		●	✓	✓	✓		●	✓		✓	
SALAD BAR							RIZ										OEUF									
							OIGNON PICKLES										GRAINE DE POTIRON									
							PATATE DOUCE										CROUTON									
							ANANAS										SAUCISSE DE POULET									
							POULET AU TANDORRI										PETIT POIS									
							EMMENTALE										POUSSE DE SOJA									
							SALADE										SALADE									
							CAROTTE										CAROTTE									
							TOMATE										CONCOMBRE									
							CONCOMBRE										TOMATE CERISE									
WESTERN		BEIGNET DE POULET					AGNEAU DE 7 HEURS					PETITS FARCIS					TAJINE DE POULET					LASAGNE DE POISSON				
		●	✓	✓	✓		●	✓		✓		●	✓	✓	✓		●	✓		✓		●	✓	✓	✓	
		PATE AU FROMAGE					POMME DE TERRE WEDGES										RIZ PILAF					DUO DE BROCCOLI ET CHOUX FLEURS				
ASIAN		RATATOUILLE					LEGUMES VERTS										LEGUMES SAUTES									
		●	✓		✓		●	✓	✓	✓	✓	○					●	✓	✓	✓		●	✓		✓	
		WHITE RICE					THAI NOODLE SOUP					THAI FRIED RICE					TOMATO RICE					FRIED BEHOON				
DAIRY		SQUID MASALA					STEAM CHICKEN					FRIED EGG					BEEF MASAK MERAH					EGG SAMBAL				
		SAWI PUTIH					STEAM VEGETABLE										DHALL VEGETABLE					MIX VEGETABLE				
FRUIT		GOUDA					EMMENTALE					FROMAGE										YAOURT A LA PECHE				
		●	✓	✓	✓		●	✓	✓	✓		●	✓	✓	✓		●	✓		✓		●	✓	✓	✓	
HOME MADE DESSERT		POMME					YAOURT AU CHOCOLAT					FRUIT					PAPAYE					ANANAS				
		●	✓				●	✓	✓	✓	✓	●	✓				●	✓				●	✓			
																	CAKE A LA BANANE									

Information & Privilege:
All the food served are Halal
Menu may change according to food supply seasons

Delischool Healthy Food Guidelines

No added salt in cooking. All our food is MSG (monosodium glutamate) free
We reduce saturated fat, the sugar content and artificial coloring in our production
We bake, grill and steam rather than fry
Guaranteed nut-free, palm oil free, Glutamate and Ajinomoto free

T: TRAFFIC LIGHT SYSTEM
V: VEGETARIAN
D: DAIRY FREE
E: EGG FREE
G: GLUTEN FREE

GREEN

BEST CHOICE

AMBER

CHOOSE CAREFULLY

RED

LIMIT CONSUMPTION

