



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	VEGETABLE SPRING ROLL					BETROOT SALAD					SALAD OF THE DAY					TOMATO AND CAPSICUM SOUP					CREAMY CUCUMBER SALAD														
	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
SALAD BAR						SUNFLOWER SEED										PASTA					●					✓	✓	✓							
						GRATED CARROT										BLACK OLIVE					●					✓									
						GRILLED CHICKEN										WATERMELON					●					✓									
						SEMOLINA										BEEF BACON					●														
						APPLE										BOILED EGGS					●					✓		✓							
						EMMENTAL										BROCOLI					●					✓									
						MARINATED CAPSICUM										GRATED CARROT					●					✓									
						CUCUMBER										CUCUMBER					●					✓									
						SALAD										SALAD					●					✓									
						TOMATO										CHERRY TOMATO					●					✓									
WESTERN	MEAT BALL					LAMB STEW					CROQUE MONSIEUR					ROASTED CHICKEN					BRAISED FISH					●					✓	✓	✓		
	●	✓	✓	✓		●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
ASIAN	TOMATO RICE					BUTTER PASTA					SAUTEED POTATO					FRENCH FRIES					SEMOLINA					●					✓	✓	✓		
	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
DAIRY	RATATOUILLE					SAUTEED GREEN BEAN					MIX VEGETABLES					GREEN VEGETABLES					CABBAGE					●					✓				
	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
FRUIT	FRIED BEEHOON					WHITE RICE					HAINAN CHICKEN RICE					NASI LEMAK					THAI FRIED NOODLE					●					✓	✓	✓		
	●	✓	✓	✓	✓	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
HOME MADE DESSERT	SWEET SOUR FISH					AYAM MASAK LEMAK					ROASTED CHICKEN					SAUTEED CABBAGE					VEGETABLE					●					✓	✓	✓		
	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
DAIRY	BEAN SPROUT & SAWI					WHITE MUSTARD					SAUTEED VEGE																								
	●	✓				●	✓				●	✓				●	✓				●	✓													
FRUIT	CHOCOLAT YOGURT					GOUDA					CHEESE					EMMENTAL					FRUITS YOGURT					●					✓	✓	✓		
	●	✓	✓	✓	✓	●	✓		✓		●	✓		✓		●	✓		✓		●	✓		✓											
FRUIT						VANILLA YOGURT					YOGURT					PAPAYA					BANANA					●					✓				
						●					✓	✓	✓	●	✓		✓		●	✓		✓		●	✓										
HOME MADE DESSERT	BANANA CAKE																																		
	●	✓	✓	✓	✓																														

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

