



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	CUCUMBER SALAD					EGGS MAYONNAISE					SALAD OF THE DAY					CAROTT SOUP					SPRING ROLL				
	● ✓ ✓					● ✓ ✓					● ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓				
SALAD BAR						MUSHROOM															GREEN BEAN SALAD				
						CROUTONS															RED CABBAGE				
						ROASTED CHICKEN															CORN				
						PASTA															CAULIFLOWER				
						PAPAYA															BETROOT AND YOGOURT				
						CHEESE															BEEF BACON JAM				
						LETTUCE															LETTUCE				
						CARROT															CARROT				
						TOMATO															CHERRY TOMATO				
						CUCUMBER															CUCUMBER				
WESTERN	CHICKEN NUGGETS					LAMB STEW					CROQUE MONSIEUR					LASAGNA					FISH TEMPURA				
	● ✓ ✓					● ✓ ✓					● ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓				
	RICE					SEMOLINA					SAUTEED POTATO					CARROT STEW					FRENCH FRIES				
● ✓ ✓					● ✓ ✓					○ ✓ ✓					● ✓ ✓					● ✓ ✓					
ASIAN	SAUTEED EGGPLANT					STEAMED MIX VEGETABLE					FRIED RICE					NASI BRIYANI					EGG COCONUT MILK				
	● ✓ ✓ ✓ ✓					● ✓ ✓					● ✓ ✓ ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓ ✓				
DAIRY	FRIED NOODLE					CURRY MEE					OMMELET					AYAM MASAK MERAH					RICE				
	● ✓ ✓ ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓					● ✓ ✓ ✓				
FRUIT	FISH GINGER SAUCE					STEAM CHICKEN					FRIED VEGE					ACAR					WHITE MUSTARD				
	● ✓ ✓ ✓					● ✓ ✓ ✓					● ✓ ✓					● ✓ ✓					● ✓ ✓				
HOME MADE DESSERT	FRUIT YOGHURT					GOUDA					CHEESE					ORANGE					ICE CREAM				
	● ✓ ✓					● ✓ ✓ ✓					● ✓ ✓					● ✓ ✓					● ✓ ✓ ✓ ✓				
EDAM					WATERMELON										MARBLE CAKE					HONEYDREW					
● ✓ ✓					● ✓										● ✓ ✓ ✓ ✓					● ✓					

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

