



Lycée Français de
Kuala Lumpur
LFKL
Henri Fauconnier
LUNCH MENU



	MONDAY	T V D E G	TUESDAY	T V D E G	WEDNESDAY	T V D E G	THURSDAY	T V D E G	FRIDAY	T V D E G
STARTER	VEGETABLE SALAD	● ✓	BETROOT SALAD	● ✓ ✓	SALAD OF THE DAY	● ✓ ✓ ✓	SAMOSSA	● ✓ ✓ ✓	LENTIL SOUP	● ✓ ✓ ✓ ✓
			CAULIFLOWER SALAD	● ✓					GREEN BEAN SALAD	● ✓
SALAD BAR			LENTIL	● ✓					RED CABBAGE	● ✓
			YELLOW PEPPER	● ✓					SEMOLINA	● ✓ ✓ ✓
			SPINACH	● ✓					PINEAPPLE	● ✓
			CROUTONS	● ✓ ✓					PICKLE	● ✓
			SHREDDED CHICKEN	● ✓ ✓ ✓					TERIYAKI CHICKEN	● ✓ ✓ ✓
			LETTUCE	● ✓					LETTUCE	● ✓
			CARROT	● ✓					CARROT	● ✓
			TOMATO	● ✓					TOMATO	● ✓
			CUCUMBER	● ✓					CUCUMBER	● ✓
WESTERN	CHICKEN NUGGETS	● ✓ ✓ ✓	LAMB STEW	● ✓ ✓	CROQUE MONSIEUR	● ✓ ✓ ✓	LASAGNA	● ✓ ✓ ✓	FISH AND CHIPS	● ✓ ✓ ✓
	HASHBROWN	● ✓ ✓ ✓	MACHED POTATO	● ✓ ✓	POTATO	● ✓ ✓	GRILLED ZUCCHINI	● ✓	ROASTED TOMATO	● ✓
	CAROTT STEW	● ✓	TAJINE VEGETABLE	● ✓ ✓						
ASIAN	PAD KRA POA	● ✓ ✓ ✓	CHICKEN PAPARIK	● ✓ ✓	CHICKEN CURRY	● ✓ ✓ ✓	BIMBIMPAP	● ✓ ✓ ✓ ✓	JAPENESE TOFU	● ✓ ✓ ✓
	LONG BEAN	● ✓	RICE	● ✓ ✓	ROTI JALA	● ✓ ✓ ✓			FRIED VEGETABLE	● ✓
	RICE	● ✓ ✓	WOK VEGETABLE	● ✓ ✓ ✓	VEGETABLE	● ✓			BEE HOON	● ✓ ✓ ✓
DAIRY	FRUIT YOGHURT	● ✓ ✓	GOUDA	● ✓	YOGURT	● ✓ ✓			EDAM	● ✓ ✓
FRUIT	ASIAN PEAR	● ✓	PINEAPPLE	● ✓	FRUIT	● ✓	WATERMELON	● ✓		
HOME MADE DESSERT							KING GALETTE	● ✓ ✓ ✓ ✓	MARBLE 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

