



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 CRUDITE	●	✓				SALADE DU JOUR	●	✓		✓					SOUPE DE POTIRON	●	✓	✓			NEM DE LEGUMES	●	✓	✓		✓																																																				
	SALAD BAR																										POTIRON GRILLE	●	✓				BETTERAVE	●	✓				POMME DE TERRE	●	✓			✓	MELON	●	✓				PICKLE	●	✓				SAUCISSE	●	✓		✓	✓	LAITUE	●	✓				CAROTTE	●	✓				TOMATE	●	✓				CONCOMBRE	●	✓		
WESTERN							BEIGNET DE POULET	●	✓	✓			ROTI DE BŒUF	●	✓	✓	✓					PASTE A LA BOLOGNAISE	●	✓		✓		POISSON GRILLE	●	✓	✓		✓																																																				
							RIZ	●	✓	✓	✓		MAC AND CHEESE	●	✓	✓						CHOUX SAUTE	●	✓				GALETTE DE POMME DE TERRE	●	✓			✓																																																				
ASIAN							AUBERGINE A LA TOMATE	●	✓	✓			WOK DE LEGUMES														HARICOTS VERT	●	✓																																																								
							SQUID TURMERIC	●	✓		✓		LEMPENG KELAPA	●	✓	✓	✓					TERIYAKI FISH	●	✓		✓		RICE	●	✓	✓	✓	✓																																																				
							FRIED BEEHOON	●	✓		✓		CHICKEN CURRY	●	✓		✓					BUTTER RICE	●	✓		✓		EGG MASAK LEMAK	●	✓																																																							
DAIRY							FRIED VEGETABLE	●	✓	✓	✓		VEGETABLE	●	✓							FRIED TAUGHE	●	✓		✓		LADY FINGER	●	✓																																																							
							YAOURT A LA VANILLE	●	✓	✓			YOGURT	●	✓	✓						EMMENTAL	●					EDAM	●	✓	✓																																																						
FRUIT							ORANGE	●	✓				FRUIT	●	✓												ANANAS	●	✓																																																								
	HOME MADE DESSERT										✓										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

