



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	CUCUMBER SALAD	●	✓				PASTA SALAD	●	✓	✓			SALAD OF THE DAY	●	✓				SAMOSSA	●	✓	✓			CAROTT SOUP	●	✓		✓	
							QUINOA	●	✓	✓																GREEN PEAS	●	✓		
SALAD BAR							CORN	●	✓																	ORANGE	●	✓		
							POTATO	●	✓																	GRILLED CAPSICUM	●	✓		
							PICKLES	●	✓																	BOILED EGGS	●	✓		
							SUNFLOWER SED	●	✓																	CROUTONS	●	✓		
							SAUSAGE	●	✓		✓															SWEET POTATO	●	✓		✓
							LETTUCE	●	✓																	LETTUCE	●	✓		
							CARROT	●	✓																	CARROT	●	✓		
							TOMATO	●	✓																	TOMATO	●	✓		
						CUCUMBER	●	✓																	CUCUMBER	●	✓			
WESTERN	CHICKIEN NUGGETS	●	✓	✓	✓		ROASTED CHICKEN WITH MUSHROOM	●	✓	✓			VEGETABLE STUFF	●	✓	✓			LAMB STEW	●	✓	✓	✓		FISH AND CHIPS	●	✓			
	TOMATO PASTA	●	✓	✓	✓		HASHBROWN	●	✓										BUTTER SMOLINA EGGPLANT	●	✓				WOK VEGETABLES	●	✓	✓	✓	
	SAUTEED CARROT	●	✓	✓			GREEN VEGETABLE	●	✓																					
ASIAN	GINGER FISH	●	✓	✓	✓		DAGING GORENG KUNVIT	●	✓				FRIED RICE	●		✓	✓		RICE CUBE	●	✓	✓			CHINEESE STEAM EGGS	●	✓	✓	✓	
	RICE	●	✓	✓	✓		FRIED BEEHOON	●	✓	✓	✓		OMELET	●	✓	✓	✓		SAYUR LODEH	●	✓	✓	✓		FRIED KUEY TEOW	●	✓	✓	✓	
	VEGETABLES	●	✓	✓	✓		FRIED CABBAGE	●	✓				VEGETABLE	●	✓				BOILED EGGS	●	✓	✓			STIR FRIED VEGETABLE	●	✓			
DAIRY	EDAM	●	✓	✓		FRUITS YOGURT	●	✓	✓			CHEESE	●	✓	✓			PEACH YOGURT	●	✓	✓			GOUDA	●	✓	✓	✓		
FRUIT	PAPAYA	●	✓			WATERMELON	●	✓				FRUITS	●	✓				CREAM CHEESE	●	✓										
HOME MADE DESSERT																									ICE CREAM	●	✓	✓	✓	✓

**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

