



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	CREAMY CUCUMBER SALAD	●	✓			✓	BETROOT SALAD	●	✓		✓	SALAD OF THE DAY	●	✓	✓	✓	TOMATO AND CAPSICUM SOUP	●	✓	✓	✓	PIZZA NAPOLITAIN	●	✓	✓	
							SUNFLOWER SEED	●	✓													PASTA	●	✓	✓	✓
SALAD BAR							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	CHICKEN SAUSAGE	●	✓	✓	✓	✓	LAMB STEW	●	✓		✓	KEBAB	●	✓		✓	ROASTED CHICKEN	●	✓		✓	FISH TEMPURA	●	✓	✓	✓
	MACHED POTATO	●	✓	✓	✓	✓	BUTTER PASTA	●	✓	✓	✓	STEAM POTATO	●	✓	✓	✓	FRENCH FRIES	●	✓		✓	TOMATO RICE	●	✓	✓	✓
	CAPSICUM STEW	●	✓		✓	✓	SAUTEED GREEN VEGETABLE	●	✓	✓		MIX VEGETABLES	●	✓			MIXED VEGETABLE	●	✓	✓		ROASTED ZUCCHINI	●	✓	✓	
ASIAN																	NASI LEMAK	●	✓	✓	✓	THAI FRIED NOODLE	●	✓	✓	✓
	FRIED BEEHOON	●	✓	✓	✓	✓	WHITE RICE	●	✓	✓	✓	HAINAN CHICKEN RICE	●	✓		✓	BEEF RENDANG	●	✓		✓	EGG SAMBAL	●	✓	✓	✓
	SWEET SOUR FISH	●	✓	✓	✓	✓	AYAM MASAK LEMAK	●	✓		✓	ROASTED CHICKEN	●	✓		✓	SAUTEED CABBAGE	●	✓			VEGETABLE	●	✓		
DAIRY	BEAN SPROUT & SAWI	●	✓				WHITE MUSTARD					SAUTEED VEGE	●	✓												
	GOUDA	●	✓	✓			FRUIT YOGURT	●	✓	✓		CHEESE	●	✓	✓	✓	EMMENTAL	●	✓	✓		FRUITS YOGURT	●	✓	✓	✓
FRUIT							PAPAYA	●	✓	✓	✓	YOGURT	●	✓	✓	✓	HONEYDREW	●	✓			PAPAYA	●	✓		
HOME MADE DESSERT	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

