



Lycée Français de
Kuala Lumpur
LFKL
Henri Fauconnier
LUNCH MENU



| | | MONDAY 12/10 | | | | | TUESDAY 13/10 | | | | | WEDNESDAY 14/10 | | | | | THURSDAY 15/10 | | | | | FRIDAY 16/10 | | | | | | | | | | | |
|------------------------|----------------|-----------------------|---|---|---|---|---------------|-------------------------------|---|---|---|-----------------|-------------------|-------------------|---|---|----------------|---|-------------------------|------------------|---|-------------------|---|---|-------------------|-----------------|---|-----------------|---|---|---|---|---|
| | | 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 | SEMOLINA SALAD | ● | ✓ | | | | | | | | | | | | | | ● | ✓ | | | | EGGS TOMATO SALAD | ● | ✓ | | ✓ | ✓ | CHEESE PIZZA | ● | ✓ | ✓ | | |
| | WESTERN | BEEF BALL | ● | | ✓ | ✓ | ✓ | BRAISED BEEF WITH BLACK OLIVE | ● | | ✓ | ✓ | ✓ | CORDON BLEU | ● | | ✓ | ✓ | ✓ | LASAGNA | ● | | ✓ | ✓ | ✓ | BRAISED FISH | ● | | ✓ | | | | |
| | | POTATO WEDGES | ● | | ✓ | | ✓ | PASTA | ● | | ✓ | ✓ | ✓ | FRENCH FRIES | ● | | ✓ | | ✓ | BRAISED BROCCOLI | ● | | ✓ | ✓ | | RICE | ● | | ✓ | ✓ | ✓ | | |
| | | CABBAGE | ● | | ✓ | | ✓ | ZUCCHINI WITH PARMESAN | ● | | ✓ | ✓ | | GRILLED VEGETABLE | ● | | ✓ | | | | | | | | | ROASTED TOMATO | ● | | ✓ | ✓ | | | |
| | ASIAN | STEAM FISH WITH LEMON | ● | | ✓ | ✓ | ✓ | CHICKEN WITH COCONUT SAUCE | ● | | ✓ | | ✓ | OMELET | ● | | ✓ | ✓ | ✓ | SQUID TURMERIC | ● | | ✓ | ✓ | ✓ | FRIED MEE MAMAK | ● | | ✓ | ✓ | ✓ | | |
| BUTTER RICE | | ● | | ✓ | ✓ | ✓ | RICE | ● | | ✓ | ✓ | ✓ | FRIED RICE | ● | | ✓ | ✓ | ✓ | FRIED BEEHON | ● | | ✓ | ✓ | ✓ | EGG IN SOYA SAUCE | ● | | ✓ | ✓ | ✓ | | | |
| CAULIFLOWER AND CARROT | | ● | | ✓ | | ✓ | FRENCH BEAN | ● | | ✓ | ✓ | | SAUTEED VEGETABLE | ● | | ✓ | ✓ | | BEAN SPROUT AND CABBAGE | ● | | ✓ | | | WITH MUSTARD | ● | | ✓ | ✓ | | | | |
| DAIRY | EDAM | ● | | ✓ | | | PEACH YOGURT | ● | | ✓ | ✓ | | CHEESE | ● | | ✓ | ✓ | | CHEESE | | | ✓ | ✓ | ✓ | GOUDA | ● | | ✓ | ✓ | ✓ | | | |
| | FRUIT | | | | | | APPLE | ● | | ✓ | | | FRUIT | ● | | ✓ | | | PINEAPPLE | ● | | ✓ | | | | | | | | | | | |
| HOME MADE DESSERT | | BANANA CAKE | ● | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | CUSTARD STRUDEL | ● | | ✓ | ✓ | ✓ |

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

