

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	lundi 4 septembre 2023	mardi 5 septembre 2023	mercredi 6 septembre 2023	jeudi 7 septembre 2023	vendredi 8 septembre 2023
Starter	Pumpkin Soup	Lyonnais Salad	Potato Leek Soup	Salade Niçoise	Mushroom Quiche
Western	Baked Fish with Lemon Cream Sauce	Lamb stew à la Provençale	Roast Chicken & Jus/ Poulet Rot de Jus	Coq au Vin (Alcohol Free)	Chicken Bolognese
	Grilled Aubergine & Green Capsicum	Green Beans, Olives & Tomatoes	Buttered Cabbage/ Chuo a l'Anglaise	Grilled Zucchini	Steamed Cauliflower & Carrots
	Pomme De Terre Grenaille	Rosemary Roasted Potatoes	Mashed Potato	Pomme Dauphinoise	Spaghetti
Asian	Chicken Kaarage with Mayonnaise	Chicken Curry		Hainan Style Steamed Chicken	Kam Heong Fish
	Steamed Broccoli	Stir Fried Choy Sum & Carrots		Tomato & Cucumber with Soy Sauce	Stir Fried Pak Choy
	White Rice	Biryani Rice		Hainan Style Rice	Jasmine Rice
Vegetarian	Stir Fried Mock Meat With Tempeh Sambal	Chick Peas With Tofu Curry Masala	Potato, Carrot, Tofu & Green Peas Stew	Vegetarian Mince Chicken With Braised Mushroom Chinese Style	Stir Fry Ginger Tofu, Vegetarian Chicken Mock Meat
Dairy	Camembert	Plain Yoghurt	Cream Cheese	Fruit Yoghurt	Gouda
Fruit & Dessert	Fresh Pineapple	Fruit Crumble	Watermelon	Moist Chocolate Cake	Banana
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	lundi 11 septembre 2023	mardi 12 septembre 2023	mercredi 13 septembre 2023	jeudi 14 septembre 2023	vendredi 15 septembre 2023
Starter	Soup au Champignons	Barley & Avocado Salad	Farandole of Raw Vegetables with Ranch Dressing	Soupe à l'Oignon (Onion Soup)	Carrot & Chickpea Salad
Western	Citrus Salmon Fillets with Salsa	Boles de Picolat	Cajun Chicken	Fish Meuniere	Moroccan Chicken
	Mixed Salad	Roasted Tomatoes with Herbs of Provence	Sauteed Zucchini	Broccoli au Gratin	Sweet Roasted Carrots
	Lyonnais Potatoes	Penne Pasta	Creole Rice	Pommes a l'Anglaise (Boiled Potatoes)	Pita Bread
Asian	Chicken Teriyaki	Steamed Fish, Soy Sauce & Ginger		Sweet & Sour Chicken	Kung Pao Fish Fillet
	Miso Glazed Aubergine	Sauteed Long Cabbage		Stir Fried Kai Lan	Stir Fried Pak Choy with Carrot
	Japanese Rice	Jasmine Rice		White Rice	White Rice
Vegetarian	Tofu Teriyaki	Stir Fry Tempeh with Taucu	Teriyaki Tofu Stirfry	Sweet & Sour Tofu	Kung Pao Soy Meat
Dairy	Edam	Plain Yoghurt	Brie	Mixed Berry Yoghurt	Emmenthal
Fruit & Dessert	Melon	Crème Puffs	Orange Wedges	Carrot Cake with Frosting	Pineapple
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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
	lundi 18 septembre 2023	mardi 19 septembre 2023	mercredi 20 septembre 2023	jeudi 21 septembre 2023	vendredi 22 septembre 2023
Starter	Green Salad	Miso Soup	Bouillabaisse (Seafood Stew)	Chef's Salad	Cheese Quiche
Western	Chicken Fricassee with Parisian Sauce	Penne Cabonara	Chicken Cordon Bleu	Filet de Fish Mornay	Beef Lasagna
	Aubergine Frite	Ratatouille	Sauteed Green Beans in Garlic Butter	Carottes Vichy	Cauliflower / Chou-fleur a l'Anglaise
	Boil Potato/ Pommes a la Anglaise	Foccacia	Roasted Potatoes/ Pommes de Terre Rôties	Baked Potato/ Pomme au Four	Garlic Herb Bread
Asian	Asaam Nyonya Fish	Chicken Katsu		Korean Fried Chicken	Indian Butter Chicken
	Wok Seared Lady Fingers	Japanese Vegetable Curry		Sesame Spinach	Fried Tumeric Cabbage
	Jasmine Rice	Japanese Rice		Koream Fried Rice	White Rice
Vegetarian	Egg & Tofu Nyoya Curry	Mix Bean Bolognaise Pasta	Chickpeas Mushroom Loaf	Koren BBQ Tofu & Tempeh	Vegetarian Lasagna
Dairy	Camembert	Plain Yoghurt	Edam	Fruit Yoghurt	Gouda
Fruit & Dessert	Honeydew Melon	French Lemon Tart	Dragon Fruit	Fraisier Cake	Orange Wedges
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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
	lundi 25 septembre 2023	mardi 26 septembre 2023	mercredi 27 septembre 2023	jeudi 28 septembre 2023	vendredi 29 septembre 2023
Starter	Chefs Salad	Hearty French Chicken Soup	Vegetable Sticks with Hummus	Cheese and Tomato Salad	Pistou Soup
Western	Barbecue Chicken with Sauce	Grilled Chicken Burger	Ham & Cheese Pizza	Beef Tagine	Baked Fish with Tomato Salsa
	Roasted Corn on the Cob	Lettuce, Tomato Cucumber	Green Salad	Roasted Vegetable Cous Cous	Carottes au Beurre
	Mashed Potatoes	Pommes Frites		Pita Chips	Rice Pilaf
Asian	Steamed Fish with Lime Sauce	Malaysian Beef Rendang		Crispy Fried Chicken	Salted Egg yolk Chicken
	Sauteed Pea Sprouts & Green Onions	Wok fried Garlic Long Bean		Cucumber & Egg	Braised Sew Pak Choy
	White Rice	Jasmine Rice		Nasi Lemak	White Rice
Vegetarian	Thai Green Curry Tofu	Vegetarian Burger	Magarita Pizza	Chickpeas, Lentils, Black Bean & Tofu Tagine	Chickpea and Vegetable Kurma
Dairy	Brie	Plain Yoghurt	Cream Cheese	Strawberry Yoghurt	Edam
Fruit & Dessert	Fruit Salad	Orange Cake	Banana	Far Breton	Sun Melon
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