

French International School



		Monday Lundi 30th	Tuesday Mardi 31st	Wednesday Mercredi 1st	Thursday Jeudi 2nd	Friday Vendredi 3rd
STARTER	1			<u>Spring Rolls</u> <u>Rouleaux de Printemps</u> (E/N)	* <u>Shredded Carrot</u> <u>Carottes râpées</u>	Sliced Pork Sausage Mortadelle (P/E/M)
	2			*Greek Salad Salade Grecque (M/E)	*Corn Salad Salade de Maïs	* <u>Green Lettuce</u> <u>Salade verte</u>
MAIN COURSE	1	Summer Holidays	Summer Holidays	Beef Balls Boulettes de bœuf (B/E/M)	Pork Chop Cote de porc (P)	*Fish Au Gratin Gratin de poisson (F/M/E)
	2			<u>Chicken Wings</u> <u>Ailes de poulet (C)</u>	<u>Beef Stew</u> <u>Estouffade de Boeuf</u> (B/M)	<u>Croques Monsieur (P/M)</u>
Sides	1			*Egg Noodle Pates Chinoises (E)	French Fries Frites (M)	*Rice Riz
	2			*Braised Cabbage Choux Braisés (B)	*Mix Vegetables Bouquetière de légumes	*Sautéed Zucchini Courgettes Sautées
DESSERT	1			<u>Egg Custard Pie</u> <u>Flan en Tartelette (E/M)</u>	* <u>Fresh Fruit Salad</u> <u>Salade de fruits</u>	<u>Pear Crumble</u> <u>Crumble aux poires (M/E)</u>
	2			*Pineapple Ananas	Fruit Sponge Cake Génoise aux Fruit (M/E)	*Kiwi Fruit Kiwi

NUTRITIONAL ANALYSIS FOR MAIN COURSE PER 100 GRAMS:

	1	2	1	2	1	2	1	2		
Energy (Kcal)					240	230	170	140	100	260
Protein (g)					10	18	18	15	13	14
Fat (g)					18	16	9	6	3	13
Saturated Fat (g)					5	4	4	3	1	7
Fiber (g)					1	<1	<1	1	<1	1

(P): Pork (E): Egg (M): Milk & Dairy (B): Beef
(F): Fish & Seafood (C): Poultry (N): fruits à coques

* Smart Eating Choice