

French International School



		Monday Lundi 6th	Tuesday Mardi 7th	Wednesday Mercredi 8th	Thursday Jeudi 9th	Friday Vendredi 10th
STARTER	1	Salami (P/M/E)	*Tex Mex Salad Salade tex mex (M)		*Tuna Salad Salade de thon (F)	*Green Salad w/ Croutons Salade aux croûtons (E/M/E)
	2	*Tomato Salad Salade de tomate	*Corn Salad Salade de maïs	<u>Mango Chutney</u> Chutney de manque	*Cucumber & Yoghurt Concombre au Yaourt(M)	<u>Cheese Puffs</u> Vol au Vent au fromage (M/E)
MAIN COURSE	1	Tarragon Chicken Poulet à l' Estragon (C/M)	<u>Veal Sausage</u> Saucisse de Veau (B/M/E)	<u>Breaded Fish</u> Poisson pane (F/M/E)	<u>Cheese Burger (B/M/E)</u>	Grilled Fish & Beurre Blanc Poisson grille au B.Blanc (F/M)
	2	*Roast Pork w/ Herbs Rôti de porc (P)	Cheese Omelette Omelette au Fromage (E/M)	Gammon Ham Jambon Grillé (P)	Chicken Drum Goujonette de poulet(P/M/E)	<u>Carbonara (P/M)</u>
Sides	1	*Macaroni (E)	*Mixed Vegetables Bouquetiere de Legumes	*Mashed Potato Purée de PDT (M)	French Fries Frites (M)	*Penne Pasta Penne (E)
	2	*Carrot Carottes (M)	*Fried Rice Riz frit (E)	Peas Puree (P/M) Petit pois	*Green Beans Haricot Vert	*Cauliflower Chou fleur
DESSERT	1	Panna Cotta Panna cotta (M)	*Fruit Salad Salade de fruits	<u>Panneton & Custard</u>	*Watermelon Pastique	Brownie (M/E)
	2	*Pineapple Ananas	<u>Ice Cream</u> Glace (M/E)	<u>Panneton & Crème Anglaise</u> (E/M/N)	<u>Chocolate Banana</u> Banana au chocolat (M)	<u>Pear Compote</u> Compote de Poire

NUTRITIONAL ANALYSIS FOR MAIN COURSE PER 100 GRAMS:

	1	2	1	2	1	2	1	2	1	2
Energy (Kcal)	200	130	70	200	180	180	240	280	210	250
Protein (g)	16	19	3	13	17	18	11	15	10	13
Fat (g)	14	5	6	15	8	11	11	10	14	19
Saturated Fat (g)	5	2	2	6	4	2	6	3	8	7
Fiber (g)	<1	<1	<1	<1	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