

SCHOOL MENU


French International School Hong Kong
 香港法國國際學校

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French International School Hong Kong
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營養紅綠燈

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每日至少攝食3次或以上

- Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
- Lean protein with "at trim-med"
低脂比較 瘦的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil
健康少油煎炒烹炸方法
例如：蒸、燉、焗、烤

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每日攝食不超過2次

- Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如：炒飯、炒麵、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
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- Deep-fried foods
油炸食品
- Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和脂肪的脂肪
例如：黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/premade pastries
含有反式脂肪的脂肪
例如：酥餅、月餅、牛油、餅乾
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽類食品/食品 例如：鹹魚、鹹蛋



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Lunch Menu April 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	15 April (Japan)	16 April	17 April (India)	18 April	19 April
Appetizer	Agedashi Tofu 	Salad Bar	Onion Bhajis 	Salad Bar	Mini-Quiche 
Hot Dish A	Pork Tonkatsu 	Chicken Milanese 	Chicken Shawarma	Croque Monsieur 	Greek Fish Fillet 
Starch	Noodles 	Buttered Barley 	Steamed Rice	French Fries	Buttered Pasta 
Vegetables 	Sauteed Eggplant	Broccoli	Turmeric Cauliflowers	Chef Salad	Stew Veggies
Dessert	Yogurt 	Holeki Carrot Cake 	Indian Rice Pudding 	Fruits Salad	Ice Cream 



Eat More
適宜

Eat Moderately
限量

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少量



Vegetarian
素食



Sustainable Seafood
可持續海鮮



All meals are nut-free
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Egg Alert
含蛋類



Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥

Lunch Menu GLOBAL EATS 2024



Monday



Wednesday



Thursday

Friday

	22 April (Vietnam)	23 April	24 April (Brazil)	25 April	26 April (Korea)
Appetizer	Spring Roll 	Salad Bar	Chicken Coxinha 	Salad Bar	Korean Lettuce Salad
Hot Dish A	Chicken Cilantro	Menemen 	Beef Enchiladas 	Salsiccia Pizza 	Beef Bulgogi
Starch	Steamed Rice	Couscous 	Roasted Potatoes	x	Noodles
Vegetables 	Vegetables Curry (with coconut milk) 	Roasted Vegetable	Brazilian Roasted Vegetable	Chef Salad	Bok Choy Sautéed
Dessert	Yogurt 	Lemon Pie With Meringue 	Churros 	Fruits Salad	Ice Cream



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Lunch Menu April 2024


Monday

Tuesday

Wednesday

Thursday

Friday

	29 April (Thailand)	30 April			
Appetizer	Ponelo Salad	Salad Bar			
Hot Dish A	Lemon Grass Pork 	Chicken Arrabiata 			
Starch	Steamed Rice	Buttered Pasta 			
Vegetables 	Sauteed Eggplant	Steamed Garden Vegetable			
Dessert	Yogurt 	Tiramisu 			



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- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

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- Contains trans fat e.g. processed/pre-made pastries
含有反式脂肪的原料：酥餅、月餅及自製的餅乾類
- Sugar sweetened beverages
手工糖分的飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高含防腐劑的食品 例如：鹹魚、鹹蛋



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Lunch Menu May 2024

Monday

Tuesday

Wednesday

Thursday

Friday

				2 May	3 May (Thailand)
Appetizer				Salad Bar	Thai Spring Rolls 
Hot Dish A				Chicken Nuggets 	Steamed Lime & Garlic Fish 
Starch				French Fries	Pilaf Rice 
Vegetables 				Chef's Salad 	Thai Vegetables Stir Fry 
Dessert				Fruits Salad	Ice Cream 



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Wheat Alert
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Lunch Menu May 2024



























Monday

Wednesday

Thursday

Friday

	6 May (Japan)	7 May	8 May (Morocco)	9 May	10 May
Appetizer	Sunomono (Cucumber Salad)  	Salad Bar	Salad Bar	Salad Bar	Hummus & Vegies Sticks
Hot Dish A	Japanese Sweet Caramelized Pork  	Mee Goreng Mamak Vegetarian    	Beef Tajine	Chicken & Bell Pepper Pizza  	Roasted Fish with Fresh Herbs    
Starch	Roasted Potato & Herbs	Noodles 	Couscous 	x	Steamed Rice
Vegetables 	Steamed Broccoli	Roasted Eggplants	Mix Vegetables Stew (Tajine)	Chef Salad	Baked Pumpkin
Dessert	Yogurt 	Cinnamon Apple Crumble  	Moroccan Orange Cake   	Fruits Salad	Ice Cream 



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Lunch Menu May 2024

	Monday 13 May (China)	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
Appetizer	Chine Zucchini Salad	Salad Bar	Public Holiday	Salad Bar	Cold Cut 
Hot Dish A	Crispy Spicy Chicken  	Pork Ranch    		Hot Dog   	Fish en Crouete      
Starch	Noodles 	Mashed Potatoes 		French Fries	Pilaff Rice 
Vegetables 	Steamed Baby Bok Choi	Roasted Cherry Tomato & Corn		Chef Salad  	Garden Vegetables
Dessert	Yogurt 	NY Cheesecake   		Fruits Salad	Alsacian Pie   



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Lunch Menu May 2024

















Monday

Wednesday

Thursday

Friday

	20 May (Slovenia)	21 May	22 May	23 May	24 May
Appetizer	Ruccola Salat (Egg, Cheese & Tomato salad)  	Salad Bar	Salad Bar	Salad Bar	Chicken Parmesan Bites   
Hot Dish A	Pork Ragout  	Manchurian Meat Ball    	Chicken Milanese  	Ham & Cheese Pizza   	Beef Bolognese
Starch	Buttered Barley  	Brown Rice	Roasted Potato & Herbs 	x	Buttered Pasta  
Vegetables 	Lemon Butter Broccoli 	Roasted Carrots with Honey 	Seasonal Veggies	Chef Salad	Green Beans & Cherry Tomatoes 
Dessert	Yogurt 	Sesame Balls    	Meringued Lemon Pie   	Fruits Salad	Ice Cream 



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營養紅綠燈

TRAFFIC LIGHT GUIDE

GREEN 綠燈

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每日至少攝食3次或以上

- Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
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健康少油煎炒烹炸方法
例如：蒸、燉、焗、烤

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每日攝食不超過2次

- Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如：炒飯、炒麵、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月攝食不超過4次

- Deep-fried foods
油炸食品
- Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和性的脂肪的原料：黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/pre-made pastries
含有反式脂肪的原料：酥餅、月餅及自製的餅乾類
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
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Lunch Menu June 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	3 June (Korea)	4 June	5 June (China)	6 June	7 June
Appetizer	Red Cabbage Kimchi Salad	Salad Bar	Bean Sprout Salad	Salad Bar	Brittany Tourte  
Hot Dish A	Korean BBQ Duck  	Pork Cuban Mojo  	Chinese Steamed Chicken (skinless)  	Pulled Pork in a Bun  	Fish Shaksuka  
Starch	Noodles 	Roasted Potato & Herbs 	Steamed Rice	French Fries	Couscous 
Vegetables 	Seasonal Veggies	Sauteed Zucchini 	Eggplant Soy Sauce  	Chef Salad  	Garlic Green Beans 
Dessert	Yogurt 	NY Cheesecake   	Egg Tart   	Fruits Salad	Ice Cream 



Eat More
適宜

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Vegetarian
素食



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可持續海鮮



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Shellfish Alert
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Wheat Alert
含小麥

Lunch Menu June 2024



Monday

Wednesday

Thursday

Friday

	10 June	11 June	12 June	13 June	14 June (Vietnam)
Appetizer		Salad Bar	Salad Bar	Salad Bar	Fresh Spring Roll
Hot Dish A	Public Holiday	 Sweet & Sour Veg Meat Ball 	Chilli con Carne 	Ham & Corn Fiesta Pizza 	Vietnamese Steamed Turmeric Fish
Starch		Brown Rice	Steamed Rice	x	Noodles
Vegetables 		Moroccan Cauliflower	x	Chef Salad	Stir Fry Vegetable
Dessert		Crepes 	Coconut Pudding	Fruits Salad	Ice Cream



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Lunch Menu June 2024

	Monday 17 June (Japan)	Tuesday 18 June	Wednesday 19 June (Malaysia)	Thursday 20 June	Friday 21 June
Appetizer	Vegetable Tempura 	Salad Bar	Papaya Salad	Salad Bar	Sausage Roll 
Hot Dish A	Roasted Chicken Teriyaki 	Pork Crusted Parmesan 	Malaysian Fried Chicken 	BBQ Baby Back Rib	Roasted Fish New Orleans 
Starch	Steamed Rice	Roasted Potato	Couscous 	French Fries	Buttered Pasta 
Vegetables 	Braised Mixed Cabbages 	Sauteed Eggplant	Steamed Lemon Butter Broccoli 	Chef Salad	Corn on Cob 
Dessert	Yogurt 	Chocolate Brownie 	Malaysian Egg Cake 	Fruits Salad	Ice Cream 



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Lunch Menu June 2024



Monday

Wednesday

Thursday

Friday

	24 June (China)	25 June	26 June	27 June (Mexico)	28 June
Appetizer	Shredded Chicken Salad 	Salad Bar	Salad Bar	Salad Bar	Buffet
Hot Dish A	Hoisin Beef 	Vegetarian Moussaka 	Roasted Garlic Pork Loin 	Pizza Chicken Mexicana 	
Starch	Noodles 	x	Washed Potatoes 	x	
Vegetables 	Steamed Baby Bok Choi	x	Seasonal Veggies	Chef Salad	
Dessert	Yogurt 	Yagkwa 	Cherry Clafouti 	Fruits Salad	

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添加少量脂肪的食物
例如: 炒麵、炒飯、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
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- Processed or preserved meat, egg and veggies
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Menu du

Avril 2024

Monday

Tuesday

Wednesday

Thursday

Friday

	15 Avril (Japan)	16 Avril	17 Avril (India)	18 Avril	19 Avril
Appetizer	Tofu Agedashi 	Salad Bar	Bhajis à l'oignon 	Salad Bar	Mini-Quiche 
Hot Dish A	Pork Tonkatsu 	Poulet milanais 	Shawarma au poulet	Croque Monsieur 	Filet de poisson à la grecque 
Starch	Nouilles 	Orge Beurré 	Riz cuit à la vapeur	Frites	Pâtes au beurre 
Vegetables 	Aubergines sautées	Brocoli	Choux-fleurs au curcuma	Salade du chef	Ragoût de légumes
Dessert	Yaourt 	Gâteau à la carotte 	Riz au lait indien 	Salade de Fruits	Crème glacée 



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All meals are nut-free
所有食物均不含堅果



Egg Alert
含蛋類



Dairy Alert
含奶類



Soy Alert
含大豆



Fish Alert
含魚類



Shellfish Alert
含貝殼類海鮮



Wheat Alert
含小麥



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Menu du GLOBAL EATS 2024



Monday



Wednesday

Thursday

Friday



	22 Avril (Vietnam)	23 Avril	24 Avril (Brazil)	25 Avril	26 Avril (Korea)
Appetizer	Rouleau de printemps 	Salad Bar	Poulet Coxinha 	Salad Bar	Salade de laitue coréenne
Hot Dish A	Poulet à la coriandre	Ménémen 	Enchiladas au bœuf 	Pizza Salcissia 	Bulgogi de Bœuf
Starch	Riz cuit à la vapeur	Couscous 	Pommes de Terre Rôties	x	Nouilles
Vegetables 	Curry De Légumes (au lait de coco) 	Légumes Rôtis	Légumes rôtis brésiliens	Salade du chef	Bok Choy Sauté
Dessert	Yaourt 	Tarte Au Citron Meringuée 	Churros 	Salade de Fruits	Crème glacée



Eat More
適宜

Eat Moderately
限量

Eat Less
少量



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Monday

Tuesday

Wednesday

Thursday

Friday

	29 Avril (Thailand)	30 Avril			
Appetizer	Salade de pomelo	Salad Bar			
Hot Dish A	Porc à la citronnelle 	Poulet Arrabiata 			
Starch	Riz cuit à la vapeur	Pâtes au beurre 			
Vegetables 	Aubergines sautées	Légumes du jardin cuits à la vapeur			
Dessert	Yaourt 	Tiramisu 			



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SCHOOL MENU

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營養紅綠燈 chartwells

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每日至少攝食3次或以上

- Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
- Lean protein with "at trim" meat
低脂比較瘦的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil
健康少油煎炒烹炸方法
例如: 蒸、燉、焗、烤

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每日攝食不超過2次

- Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如: 炒麵、炒粉、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月攝食不超過4次

- Deep fried foods
油炸食品
- Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和脂肪的脂肪
例如: 黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/premade pastries
含有反式脂肪的脂肪
例如: 酥皮、餅乾及自製的餅乾類
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
高鹽類食品/食品 例如: 鹹魚、鹹蛋

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COMPASS | HK GROUP

Lunch Menu Mai 2024









Lundi

Mardi

Mercredi

Jeudi

Vendredi

				2 Mai	3 Mai (Thailande)
Appetizer				Bar de Salade	Rouleaux de Printemps Thailandaisv 
Hot Dish A				Nuggets de Poulet 	Poisson Vapeur "Ail et Citron Vert" 
Starch				Frites	Riz Pilaff 
Vegetables 				Salade du chef 	Sauté de Légumes à la Thailandaise 
Dessert				Salade de Fruits	Glace 



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Vegetarian
素食



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Wheat Alert
含小麥

Lunch Menu Mai 2024



Lundi

Mercredi

Jedi

Vendredi

	6 Mai (Japon)	7 Mai	8 Mai (Maroc)	9 Mai	10 Mai
Appetizer	Sunomono (Salade de Concombre) 	Bar de Salade	Bar de Salade	Bar de Salade	Bâtons de Légumes et Hummus
Hot Dish A	Porc Caramélisé à la Japonaise 	Mee Goreng Mamak Vegetarien 	Tajine de Boeuf	Pizza au Poulet et Poivrons 	Poisson Rôti aux Herbes Fraîches
Starch	Pommes de Terre Rôties aux Herbes	Nouilles 	Couscous 	x	Riz Vapeur
Vegetables	Broccoli à la Vapeur	Aubergines Rôties	Légumes Variés (Tajine)	Salade du chef	Citrouille cuite
Dessert	Yahourt 	Crumble aux Pommes et Cannelle 	Gâteau Marocain à l'Orange 	Salade de Fruits	Glace



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Lunch Menu Mai 2024

Lundi

Mardi

Mercredi

Jeudi

Vendredi

13 Mai (Chine)

14 Mai

15 Mai

16 Mai

17 Mai

	13 Mai (Chine)	14 Mai	15 Mai	16 Mai	17 Mai
Appetizer	Salade de Courgette à la Chinoise	Bar de Salade	Jour férié	Bar de Salade	Charcuterie 
Hot Dish A	Poulet Croûstillant et Epicé  	Porc Façon Ranch    		Hot Dog   	Poisson en Croute      
Starch	Nouilles 	Purée de Pomme de Terre 		Frites	Riz Pilaff 
Vegetables 	Bok Choi à la Vapeur	Tomate Cerise et Maïs Rôtis		Salade du chef  	Légumes du Jardin
Dessert	Yahourt 	NY Cheesecake   		Salade de Fruits	Tarte Alsacienne   



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Lunch Menu Mai 2024



Lundi

Mercredi

Jeudi

Vendredi

	20 Mai (Slovanie)	21 Mai	22 Mai	23 Mai	24 Mai (Italie)
Appetizer	Ruccola Salat (Egg, Cheese & Tomato salad)  	Bar de Salade	Bar de Salade	Bar de Salade	Chicken Parmesan Bites   
Hot Dish A	Porc en Ragoût  	Boules de Légumes Façon Mandchou    	Poulet a la Milanaise  	Pizza Jambon et Fromage   	Boeuf Bolognaise
Starch	Orge au Beurre  	Riz brun	Pomme de Terre Rôties 	x	Pâtes au Beurre  
Vegetables 	Brocoli au Beurre Citroné 	Carottes Rôties au Miel 	Légumes de Saison	Salade du chef	Haricots Verts et Tomate Cerise 
Dessert	Yahourt 	Boules de Sésame    	Tarte au Citron Meringuée   	Salade de Fruits	Glace 



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營養紅綠燈

TRAFFIC LIGHT GUIDE

GREEN 綠燈

EAT MORE 適宜

Choose at least 3 times per week
每日至少攝食3次或以上

- Whole grain or grains with added vegetables
全穀類或添加蔬菜的穀物
- Lean protein with "at trim-med"
低脂比較 瘦的蛋白質
- Healthy cooking methods e.g. steaming, poaching, grill or baking with very little oil
健康少油烹調方法
例如：蒸、燉、焗、烤

AMBER 黃燈

EAT MODERATELY 限量

Limit to 2 times per week
每日攝食不超過2次

- Grains with or all amount of added fat and oil e.g. fried rice, fried noodle, baked bread
添加少量脂肪的穀物
例如：炒飯、炒麵、焗食包
- Fatty cut of meat & poultry with skin
脂肪含量較高的肉類及雞肉皮類
- Full-fat milk or cheese
全脂奶類/乳酪
- Processed or preserved meat, egg and veggies
加工或製成肉類、蛋類及蔬菜食品
- Sauce or gravy with high sugar, salt or fat content
高糖、高鹽及高脂肪的醬汁或肉汁

RED 紅燈

EAT LESS 少量

Limit to 4 times per month
每月攝食不超過4次

- Deep-fried foods
油炸食品
- Added animal fats or saturated fat, fats, egg, lard, butter, cream, coconut oil, coconut milk
添加了動物性脂肪或飽和性的脂肪的原料：黃油、牛油、忌廉、椰子油、椰漿
- Contains trans fat e.g. processed/premade pastries
含有反式脂肪的原料：餅類、酥餅及自製的餅乾類
- Sugar sweetened beverages
含糖類飲品/飲品
- Preserved foods with extremely high salt content e.g. salted fish and salted eggs
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Menu du Juin 2024































Lundi

Mardi

Mercredi

Jeudi

Vendredi

	3 Juin (Coree)	4 Juin	5 Juin (Chine)	6 Juin	7 Juin
Appetizer	Kimchi au Chou Rouge	Salad Bar	Salade de Germes de Soja	Salad Bar	Tourte Bretonne  
Hot Dish A	Canard Coréen BBQ  	Porc "Mojo" Cubain  	Poulet Vapeur à la Chinoise  	Bun à l'Effiloché de Porc  	Poisson Shaksuka  
Starch	Nouilles 	Pommes de Terre Rôties aux Herbes 	Riz Vapeur	Frites	Couscous 
Vegetables 	Légumes de Saison	Courgettes Sautées 	Aubergines au Soja  	Salade du Chef  	Haricots Verts à l'Ail 
Dessert	Yahourt 	NY Cheesecake   	Tartelette aux Oeufs   	Salade de Fruits	Glace 



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素食



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Shellfish Alert
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Wheat Alert
含小麥

Menu du Juin 2024

Lundi



Mercredi

Jedi

Vendredi

10 Juin

11 Juin

12 Juin

13 Juin

14 Juin (Vietnam)

	10 Juin	11 Juin	12 Juin	13 Juin	14 Juin (Vietnam)
Appetizer		Salad Bar	Salad Bar	Salad Bar	Rouleaux de Printemps Frais
Hot Dish A	Public Holiday	 Boules de Viande Végétarienne "Aigre et Doux" 	Chili con Carne 	Pizza Jambon et Mais "Fiesta" 	Poisson à la Vietnamiennne
Starch		Riz brun	Riz Vapeur	x	Nouilles
Vegetables 		Choux-fleur à la Marocaine	x	Salade du Chef	Sauté de Légumes
Dessert		Crêpes 	Pudding à la Noix de Coco	Salade de Fruits	Glace



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Menu du Juin 2024

Lundi

Mardi

Mercredi

Jeudi

Vendredi



17 Juin (Japon)

18 Juin

19 Juin (Malaysie)

20 Juin

21 Juin

	17 Juin (Japon)	18 Juin	19 Juin (Malaysie)	20 Juin	21 Juin
Appetizer	Tempura de Légume 	Salad Bar	Salade de Papaye	Salad Bar	Friand à la Saucisse 
Hot Dish A	Poulet Rôti Tériyaki 	Cote de Porc en crouste de Parmesan 	Poulet Frit à la Malaysienne 	BBQ de Travers de Poc	Poisson Rôti "Nouvelle-Orléans" 
Starch	Riz Vapeur	Pommes de Terre Rôties	Couscous 	Frites	Pâtes au Beurre 
Vegetables 	Choux Braisés 	Aubergines Sautees	Broccoli Vapeur au Beurre Citroné 	Salade du chef	Epi de Maïs 
Dessert	Yahourt 	Brownie au Chocolat 	Gâteau Malai aux Oeufs 	Salade de Fruits	Glace 



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Menu du Juin 2024



Lundi

Mercredi

Jeudi

Vendredi

	24 Juin (Chine)	25 Juin	26 Juin	27 Juin (Mexique)	28 Juin
Appetizer	Salade au Poulet "Effiloché" 	Salad Bar	Salad Bar	Salad Bar	Buffet
Hot Dish A	Boeuf Sauce Hoisin 	Moussaka Végétarienne 	Rôti de Porc à l'Ail 	Pizza Mexicaine au Poulet 	
Starch	Nouilles 	x	Purée de Pomme de Terre 	x	
Vegetables 	Bébé Pak Choi	x	Légumes de Saison	Salade du chef	
Dessert	Yahourt 	Yagkwa 	Clafouti aux Cerises 	Salade de Fruits	



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