

## LA PETITE ECOLE FRANCAISE REGULAR LUNCH

### WEEK 1

**MONDAY**

baked penne pasta bolognaise, cheddar cheese served with peas

**TUESDAY**

lemon and herb chicken thigh served with basmati rice and steamed broccoli

**THURSDAY**

vegetarian lasagne served with mixed vegetables

**FRIDAY**

baked **white fish** served with new potato and peas in reach tomato sauce

### WEEK 2

**MONDAY**

meat balls with pasta and rich tomato sauce with side of steamed vegetables - portion of 3 meat balls

**TUESDAY**

vegetarian sausage served with creamy mashed potato, onion gravy and mixed steamed vegetables

**THURSDAY**

chicken stew served with couscous, mixed vegetables

**FRIDAY**

fish goujons served with boiled potato and peas

### WEEK 3

**MONDAY**

beef stew served with pasta and vegetables

**TUESDAY**

roasted chicken served with creamy mashed potato and boiled broccoli

**THURSDAY**

vegetarian mild curry served with basmati rice and side of boiled peas

**FRIDAY**

tuna and peas penne pasta bake with side of mixed vegetables