

LA PETITE ECOLE FRANCAISE

WEEK 1

MONDAY

CHICKEN, PEPPERS, PEAS PAELLA served with STEAMED BROCCOLI

TUESDAY

APRICOT VEGETARIAN TAGINE, PLAIN COUSCOUS , MIXED FRESH SALAD

THURSDAY

BEEFF LASAGNE served with STEAMED MIXED VEGETABLES

FRIDAY

PARMESAN CRUSTED BAKED COD served with RICE and STEAMED PEAS

WEEK 2

MONDAY

MEAT BALLS IN REACH TOMATO SAUCE SERVED WITH PENNE PASTA AND STEAMED BROCCOLI

TUESDAY

VEGETARIAN QUICHE, ROASTED POTATOES and MIXED SALAD/TOMATO/CUCUMBERS

THURSDAY

CHICKEN AND CARROT STEW with MASHED POTATOES STEAMED MIXED VEGETABLES

FRIDAY

STEAMED SALMON SERVED WITH BASMATI RICE AND STEAMED BROCCOLI, WHITE LEMON SAUCE

WEEK 3

MONDAY

BEEF BOLOGNAISE with PASTA and STEAMED MIXED VEGETABLES

TUESDAY

MARINATED CHICKEN TIGHT SERVED WITH COUSCOUS AND MIXED FRESH SALAD

THURSDAY

TUNA/ SWEETCORN PASTA BAKE served with STEAMED BROCCOLI

FRIDAY

VEGETARIAN MILD CURRY SERVED WITH BASMATTI RICE AND MIXED FRESH SALAD

DESSERTS

seasonal fruits/Fromage frais/ Plain Yoghurt with Honey