

LA PETITE ECOLE FRANCAISE - VEGETARIAN

WEEK 1

MONDAY

VEGETARIAN PAELLA with STEAMED BROCCOLI

TUESDAY

APRICOT VEGETARIAN TAGINE, PLAIN COUS COUS , MIXED FRESH SALAD

THURSDAY

VEGETARIAN LASAGNE with STEAMED MIXED VEGETABLES

FRIDAY

VEGETARIAN FINGERS SERVED WITH RICE AND STEAMED PEAS

WEEK 2

MONDAY

VEGETARIAN MEAT BALLS WITH PENNE PASTA AND STEAMED BROCCOLI

TUESDAY

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

THURSDAY

RATTATOULIE WITH MASHED POTATOES AND STEAMED MIXED VEGETABLES

FRIDAY

VEGETARIAN STUFFED PEPPERS SERVED WITH BASMATI RICE AND STEAMED BROCCOLI, WHITE LEMON SAUCE

WEEK 3

MONDAY

VEGETARIAN BOLOGNAISE with PASTA and STEAMED MIXED VEGETABLES

TUESDAY

VEGETARIAN STUFFED MUSHROOMS WITH COUSCOUS AND MIXED FRESH SALAD

THURSDAY

VEGETARIAN PASTA BAKE served with STEAMED BROCCOLI

FRIDAY

VEGETARIAN MILD CURRY SERVED WITH BASMATI RICE AND MIXED FRESH SALAD

DESSERTS

seasonal fruits/Fromage frais/ Plain Yoghurt with Honey