

LA PETITE ECOLE FRANCAISE LUNCH

WEEK 1 (starting 02/11/2020)

MONDAY	CHICKEN SAUSAGES SERVED WITH ROASTED POTATOES AND STEAMED BROCCOLI/GRAVY
TUESDAY	BEEF LASAGNE SERVED WITH MIXED FRESH SALAD
THURSDAY	LAMB TAGINE SERVED WITH PLAIN COUS COUS AND MIXED FRESH SALAD
FRIDAY	MIXED SPICES BAKED SALMON served with RICE and STEAMED PEAS AND BASIL TOMATO SAUCE

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 COUS COUS AND MIXED FRESH SALAD
THURSDAY	TUNA/ SWEETCORN PASTA BAKE IN TOMATO SAUCE served with STEAMED BROCCOLI
FRIDAY	CHICKEN ESCALOPE SERVED WITH MASHED POTATO AND MIXED FRESH SALAD

Dessert : Fruit / Apple Sauce / Yoghurt