

LA PETITE ECOLE FRANCAISE LUNCH - VEGETARIAN

WEEK 1 (starting 02/11/2020)

MONDAY VEGETARIAN SAUSAGE SERVED WITH ROASTED POTATOES AND STEAMED BROCCOLI/GRAVY

TUESDAY VEGETARIAN LASAGNE SERVED WITH MIXED FRESH SALAD

THURSDAY VEGETARIAN TAGINE SERVED WITH PLAIN COUS COUS AND MIXED FRESH SALAD

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 COUS COUS AND MIXED FRESH SALAD

THURSDAY VEGETARIAN PASTA BAKE IN TOMATO SAUCE served with STEAMED BROCCOLI

FRIDAY VEGETARIAN ESCALOPE SERVED WITH MASHED POTATO AND MIXED FRESH SALAD

Dessert : Fruit / Apple Sauce / Yoghurt