



Le Menu du mois / Menu of the month Janvier / January

Menu : Semaine 1 / Week 1		
Jour / Day	Horaire / Time	Gouter et Déjeuner / Snack and Lunch
Lundi / Monday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Pain à la confiture / Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Riz frit avec du poulet et des légumes / Fried rice with chicken and vegetables • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruits
Mardi / Tuesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Conflakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc avec des aubergines en sauce tomate / Porc with eggplant put in tomato sauce • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yakult • Gaufrette / Wafers
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • French Toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Soupe de nouilles avec du poulet et des navets / Noodles soup with chicken and radish • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Custard
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Yoghurt with honey
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Omelette (champignons et porc haché) / Omelet (mushroom and minced pork) • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Gâteau / Homemade cake
Vendredi / Friday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Thon et riz frit / tuna with fried rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffle

Menu : Semaine 2 / Week 2

Jour / Day	Horaire / Time	Gouter et Déjeuner / Snack and Lunch
Lundi / Monday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Whole wheat Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc avec aubergines et tomates / Pork with eggplant and tomato • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruits
Mardi / Tuesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Cornflakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poulet grillé accompagné de légumes sautés / Grille chicken with stir-fried vegetables • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Homemade cake
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • French Toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Riz Cantonais / Fried rice with sausage, egg, carrot and tomato • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yakult • Biscuits / cookies
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Yoghurt with honey
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Soupe de poulet et de légumes avec des nouilles / Chicken and vegetables soup with noodles • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Rice Pudding
Vendredi / Friday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Whole wheat Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poisson à la crème et pommes de terre sautés / Fish with cream sauce and fried potatoes • Fruit de saison / Seasonal fruit Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pancakes

Menu : Semaine 3 / Week 3

Jour / Day	Horaire / Time	Gouter et Déjeuner / Snack and Lunch
Lundi / Monday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Pain à la confiture / Whole wheat Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc accompagné de brocoli à la vapeur / Pork with steamed broccoli • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruit
Mardi / Tuesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Cornflake with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Spaghettis bolognaise / Spaghetti Bolognese • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Rice pudding
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • French toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Steak haché frites / Minced beef with french fries • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Homemade cake
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Yoghurt with honey
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Petites saucisses de volaille et purée/ Sausage and mashed potatoes • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Seasonle fruits
Vendredi / Friday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled Eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poisson pané avec des légumes et du riz / Fish finger with vegetables and rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffle

Menu : Semaine 4 / Week 4

Jour / Day	Horaire / Time	Gouter et Déjeuner / Snack and Lunch
Lundi / Monday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Pain à la confiture / Whole wheat bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc à la sauce soja avec carottes / Pork in soja sauce and carrot • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruits
Mardi / Tuesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Yoghurt with Honey
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Blanc de poulet en sauce accompagné de brocoli / Chicken in sauce with broccoli • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yokult • Gaufrette / Wafers
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • French toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Œufs à la tomate et saucisse / Eggs with tomatoes and sausage • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Gâteau / Homemade cake
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Cornflakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poulet en sauce tomate avec des aubergines / Chicken with eggplant put in tomato sauce • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pancakes
Vendredi / Friday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Riz frit avec des crevettes et des légumes / fried rice with shrimp and vegetables • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruit