



## Le Menu du mois / Menu of the month Juillet / July

Menu : Semaine 1 / Week 1		
Jour / Day	Horaire / Time	Gouter et Déjeuner / Snack and Lunch
<b>Lundi / Monday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Pain à la confiture / Whole wheat bread and jam</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Riz frit avec du poulet et des légumes / Fried rice with chicken and vegetables</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Fruits</li> </ul>
<b>Mardi / Tuesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Cornflakes with milk</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Porc avec des aubergines en sauce tomate / Porc with eggplant put in tomato sauce</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Yakult</li> <li>• Biscuits</li> </ul>
<b>Mercredi / Wednesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• French toast</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Steak haché et purée de courge / Minced beef with mashed winter melon</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Flan</li> </ul>
<b>Jeudi / Thursday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Yoghurt with honey</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poulet grillé avec brocoli / Fried chicken with broccoli</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Homemade cake</li> </ul>
<b>Vendredi / Friday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poisson à la vapeur avec des batonnets de légumes crus / Steamed fish with stick vegetables</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Pancakes</li> </ul>

**Menu : Semaine 2 / Week 2**

<b>Jour / Day</b>	<b>Horaire / Time</b>	<b>Gouter et Déjeuner / Snack and Lunch</b>
<b>Lundi / Monday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Pain à la confiture / whole wheat bread and jam</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poulet grillé et pommes de terre sautées / Grille chicken with fried potatoes</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Fruits</li> </ul>
<b>Mardi / Tuesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Cornflakes with milk</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Porc et légumes sautés / Pork with fried vegetables</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Yakult</li> <li>• Biscuits</li> </ul>
<b>Mercredi / Wednesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• French toast</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Omelette (tomate, champignons et saucisses) / Omelette (tomotao, mushrooms and sausage)</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Pudding</li> </ul>
<b>Jeudi / Thursday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Yoghurt with honey</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Macaroni avec du fromage et du jambon / Macaroni and cheese with ham</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Banana muffin</li> </ul>
<b>Vendredi / Friday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poisson à la crème avec du riz / Fish with cream and rice</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• waffles</li> </ul>

**Menu : Semaine 3 / Week 3**

<b>Jour / Day</b>	<b>Horaire / Time</b>	<b>Gouter et Déjeuner / Snack and Lunch</b>
<b>Lundi / Monday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Pain à la confiture / whole wheat bread and jam</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poulet grillé avec carottes sautées / Fried chicken with fried carrot</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Fruits</li> </ul>
<b>Mardi / Tuesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Cornflakes with milk</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Riz frit avec des crevettes et des tomates / fried rice with shrimp and tomatoes</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Yakult</li> <li>• Biscuits</li> </ul>
<b>Mercredi / Wednesday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• French toast</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Steak haché frites / Minced beef with french fries</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Flan</li> </ul>
<b>Jeudi / Thursday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Yoghurt with honey</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Spaghetti Bolognaise / Spaghetti Bolognese</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Homemade cake</li> </ul>
<b>Vendredi / Friday</b>	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> </ul>
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> <li>• Poisson pané avec purée de courge/ Fish finger with mashed winter melon</li> <li>• Fruit de saison / Seasonal fruit</li> </ul>
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> <li>• Pancakes</li> </ul>