



Le Menu du mois / Menu of the month Juin / June

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 / Whole wheat bread and jam
	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"> • Fruits
Mardi / Tuesday	9h30 - 9.30 a.m.	Public Holiday
	11h30 - 11.30 a.m.	
	14h45 - 2.45 p.m.	
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 brouillés avec jambon / Scrambled eggs with ham • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Rice Pudding
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 grillé avec crudités concombres – tomates cerises / Grille chicken with cucumber - cherry tomatoes • 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"> • Poisson Pané avec du riz / Fish Fingers with rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pancakes

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"> • Pain à la confiture / Whole wheat bread with jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Soupe de nouilles au poulet et légumes / Chicken and vegetables soup with noodles • 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"> • 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 • Biscuits
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 de poulet et purée de courge / Grilled chicken with mashed winter melon • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Flan
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Omelette (carottes, champignons et oignons) / Omelette (carrots, mushrooms and onions) • 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"> • Yoghurt with honey
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Thon grillé en sauce tomate et purée / Tuna with with tomato sauce and mashed potatoes • 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"> • Steak haché frites / Minced beef with french fries • 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"> • Macaroni avec du fromage et du jambon / Macaroni and cheese with ham • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yakult • Biscuits
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"> • Poulet haché accompagné de sa poêlée de brocolis et riz/ Minced chicken with stir-fried broccoli and rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Flan
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"> • Porc à la sauce soja avec des carottes / Pork in soja sauce and carrot • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Homemade banana muffin
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"> • Pancakes

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"> • Poulet grillé avec des frites / Fried chicken with french fries • 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"> • Corn Flakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Soupe de nouilles avec du porc de la courge / Noodle soup with pork and winter melon • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yakult • Biscuits
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 brouillé à la tomate et saucisse / Scrambled eggs with tomatoes and sausage • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Gâteau à la banane / banana 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"> • Porc à la sauce soja avec des carottes et du riz / Pork in soja sauce and carrot • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pudding
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 à la vapeur à la crème et légumes sautés / Steamed fish with cream sauce and fried vegetables • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffles