



Le Menu du mois / Menu of the month Mars / March

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 with 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"> • 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 • Biscuit
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"> • Rice pudding
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) avec du riz / Omelet (mushroom and minced pork) and rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • 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"> • Spaghetti avec du thon en sauce tomate / Spaghetti with tuna and tomato sauce • 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"> • Spaghetti Bolognaise / Spaghetti Bolognese • 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"> • French toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc sauce à la crème avec des carottes / Pork in cream sauce and carrot • 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"> • Cornflakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poulet grillé accompagné de légumes sautés / Grilled chicken with sautéed vegetables • 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"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Riz Cantonais / Fried rice with sausage, egg, carrot and tomato • Gelée de fruit / Fruit jelly
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • 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"> • Poisson grillé et pommes de terre sautées / Grilled fish with fried potatoes • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffle

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"> • 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"> • 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"> • 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"> • 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 grillé accompagné de broccoli / Grilled chicken with broccoli • 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"> • Cornflakes milk
	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
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 with 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"> • Poulet haché et riz / Minced chicken and rice • 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"> • Porc en sauce accompagné de brocoli / Pork in sauce with broccoli • 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"> • Yoghurt with honey
	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"> • 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 des légumes / Fish finger with vegetables • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffles