



Le Menu du mois / Menu of the month Novembre / November

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"> • 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"> • 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 in tomato sauce • 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"> • Omelette avec du jambon / Omelet with ham • 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"> • Poulet grillé avec purée de pommes de terre / Grilled chicken with mashed potatoes • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • 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"> • Thon grillé en sauce tomate avec du riz / Grilled tuna with tomato sauce and rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pancake

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 / Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Steak haché et purée de courge / Minced beef with mashed winter melon • 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 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"> • 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"> • Gâteau / 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"> • 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"> • Waffles
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Poisson pané avec purée de pommes de terre / Fish finger with mashed potato • Fruit de saison / Seasonal fruit Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Fruits

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 / 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"> • Fruits
Mardi / Tuesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Spaghettis bolognaises / Spaghetti Bolognese • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Custard
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Cornflake + milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Omelette aux saucisses with cabbage / Sausage omelet and cabbage • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Yokult • Banana Muffin
Jeudi / Thursday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • French toast
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Cuisse de poulet grillé avec des pommes de terre sautées / Chicken drumsticks with fried potatoes • 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"> • Poisson grillé à la crème avec du riz / Fried fish with cream sauce and rice • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Pancake

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 / 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"> • Fruit
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"> • Blanc de poulet en sauce à la crème accompagné de brocoli et de riz / Chicken in cream sauce with broccoli 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"> • Cornflake + 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"> • Banana muffin
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"> • Spaghetti Bolognaise / Spaghetti Bolognese • 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"> • Waffle
	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"> • Fruits