



Le Menu du mois / Menu of the month Octobre / October

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 à la crème accompagné de purée de pommes de terre / Porc with cream and mashed potatoes • 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"> • Omelette (carottes, champignons et oignons) avec du riz / Omelette (carrots, mushrooms and onions) with rice • 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"> • 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"> • Flan
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 grillé en sauce tomate avec du riz / Grilled fish with tomato sauce and 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 / Bread and Jam
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc à la sauce soja et riz / Pork with soya sauce and rice • 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"> • Steak haché et légumes sautés/ Minced beef with stir fried vegetables • 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"> • 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"> • Spaghettis bolognaises / Spaghetti Bolognese • 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 purée de pommes de terre / Fish finger with mashed potatoes • Fruit de saison / Seasonal fruit
	14h45 - 2.45 p.m.	<ul style="list-style-type: none"> • Waffles

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"> • 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"> • Cornflakes with milk
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc à la crème accompagné de riz / Pork in cream sauce with 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"> • 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"> • 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"> • 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"> • 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 et riz frit / tuna with fried 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"> • Pates au poulet et à la crème/Pasta with cream chicken • 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"> • 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"> • Yakult • Gaufrette / Wafers
Mercredi / Wednesday	9h30 - 9.30 a.m.	<ul style="list-style-type: none"> • Scrambled eggs
	11h30 - 11.30 a.m.	<ul style="list-style-type: none"> • Porc haché accompagné de sa poêlée de brocolis et riz/Minced pork with stir-fried broccoli and rice • 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 and honey
	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"> • Pain à la confiture / Bread and Jam
	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"> • Waffle