

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SALADE DE LAITUE, HUILE D'OLIVE
CITRON

ÉMINCÉ DE POULET, SAUCE TOMATE ET
POIVRONS
COQUILLETES

FRUIT DU JOUR

3

SALADE DE CONCOMBRES, MELON,
FETA

HACHIS PARMENTIER DE BOEUF

YAOURT

4

SALADE DE LÉGUMES RAPÉS,
VINAIGRETTE

GRATIN DE COURGETTES ET FROMAGE

FRUIT DU JOUR

5

SALADE DE LENTILLES, POIVRONS ET
FINES HERBE

MACARONIS AU FROMAGE
JARDINIÈRE DE LÉGUMES

FROMAGE

6

BATONNETS DE CONCOMBRES ET
CAROTTES

FILET DE POISSON, SAUCE CRÉMEUSE
AUX ÉPINARDS
MOUSSELINE DE POMMES DE TERRE

SALADE DE FRUITS

7

MARCH BREAK

10

MARCH BREAK

11

MARCH BREAK

12

MARCH BREAK

13

MARCH BREAK

14

MARCH BREAK

17

MARCH BREAK

18

MARCH BREAK

19

MARCH BREAK

20

MARCH BREAK

21

SALADE DE TOMATES, MAÏS, OLIVES DE
KALAMATA ET CRÈME DE BASLSAMIQUE

ÉMINCÉ DE POULET SAUCE AU CURRY
ET LÉGUMES
RIZ PARFUMÉ

FRUIT DU JOUR

24

SALADE DE LAITUE, HUILE D'OLIVE
CITRON

ÉMINCÉ DE BOEUF AUX OIGNONS

YAOURT

25

BATONNETS DE CONCOMBRE ET CELERI

BURGER AU POULET
FRITES DE LÉGUMES

FRUIT DU JOUR

26

SALADE DE LÉGUMINEUSES

RIGATONIS SAUCE ROSÉE ET BASILIC
PAINS À L'AIL

BROWNIE AU CHOCOLAT MAISON

27

SALADE DE TOMATES ET MOZARRELLA

FILET DE POISSON, SAUCE CRÉMEUSE
AUX ÉPINARDS
MOUSSELINE DE POMMES DE TERRE

SALADE DE FRUITS

28

MARCH MENU KEYSTONE SCHOOL

*ALL OUR MEATS ARE HALAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LETTUCE SALAD, OLIVE OIL AND LEMON

SLICED CHICKEN, TOMATO AND BELL PEPPER SAUCE
COQUILLETES

FRUIT OF THE DAY

3

CUCUMBER, MELON AND FETA CHEESE SALAD

BEEF PARMENTIER

YOGHURT HASH

4

GRATED VEGETABLE SALAD WITH VINAIGRETTE

PIZZA DAY
ZUCCHINI AND CHEESE GRATIN

FRUIT OF THE DAY

5

LENTIL, BELL PEPPER AND HERB SALAD

MACARONI AND CHEESE
VEGETABLE

AND CHEESE GARDEN

6

CUCUMBER AND CARROT STICKS

FISH FILLET WITH CREAMY SPINACH SAUCE

POTATO MOUSSELINE

FRUIT SALAD

7

MARCH BREAK

10

MARCH BREAK

11

MARCH BREAK

12

MARCH BREAK

13

MARCH BREAK

14

MARCH BREAK

17

MARCH BREAK

18

MARCH BREAK

19

MARCH BREAK

20

MARCH BREAK

21

TOMATO SALAD WITH CORN, KALAMATA OLIVES AND BASLSAMIC CREAM

SLICED CHICKEN WITH CURRY SAUCE AND VEGETABLES
ROAST POTATOES WITH ROSEMARY

FRUIT OF THE DAY

24

LETTUCE SALAD WITH LEMON OLIVE OIL

SLICED BEEF WITH ONIONS
BROWN RICE

YOGHURT

25

CUCUMBER AND CELERY STICKS

PIZZA DAY
CHICKEN BURGER
VEGETABLE FRIES

FRUIT OF THE DAY

26

LEGUME SALAD

RIGATONIS WITH ROSE AND BASIL SAUCE
GARLIC BREAD

HOMEMADE CHOCOLATE BROWNIE

27

TOMATO AND MOZARRELLA SALAD

FISH FILLET WITH CREAMY SPINACH SAUCE

POTATO MOUSSELINE

FRUIT SALAD

28