

GRFC-GLFL CANTEEN MENU

WEEK 1

DATE	OPTION 1	OPTION 2
LUNDI 15	Pesto pasta	Chicken mandi
MARDI 16	Chicken cinnamon	Pasta arabiatta
MERCREDI 17	Potatoes Chicken	Veggies soufflé
JEUDI 18	Chicken supremes	Fassolia stew
VENDREDI 19	Fish siyadiéh	Moudardara

WEEK 2

DATE	OPTION 1	OPTION 2
LUNDI 22	Chicken alfredo	Daoud Bacha
MARDI 23	Kafta stew	burghul with tomato
MERCREDI 24	Oysters chicken	Veggies noodles
JEUDI 25	Chicken taouk	Veggies rice
VENDREDI 26	Chicken escaloppe	potatoes gratin

GRFC-GLFL MATERNELLE MENU

WEEK 1

DATE	PLAT DU JOUR
LUNDI 15	Chicken mandi
MARDI 16	Pasta arabiatta
MERCREDI 17	Veggies soufflé
JEUDI 18	Fassolia stew
VENDREDI 19	Moudardara

WEEK 2

DATE	PLAT DU JOUR
LUNDI 22	Daoud Bacha
MARDI 23	burghul with tomato
MERCREDI 24	Veggies noodles
JEUDI 25	Veggies rice
VENDREDI 26	potatoes gratin