



Ecole Jacques Prevert

Menu September-January 2018

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main course	Spaghetti Carbonara or Spaghetti Bolognese	Mediterranean Chicken casserole		Organic Turkey Meatballs With Tomato and Basil Sauce Or Gravy	Fried Breaded fish or Grilled Mackerel
VEGETARIAN	Cheese Ravioli With Pesto Sauce	Baked vegetable sausage Stir fry Noodles With Quorn		Couscous with Spinach Or Cheese and onion omelette	Omelette Plain Or Omelette with cheese tomato filling
VEGETABLES	Roast vegetables With Sweet corn	Steamed Broccoli Sweet potatoes		Couscous Green Beans and Steamed Carrots	Chipped Potatoes Rice Baked Beans Peas
SALAD BAR	Green Salad Cucumber Grated Carrots Egg Salad Chickpea salad Fresh Beetroot	Tuna Salad Fresh Beetroot Green Salad Celeriac Salad Tomato Carrot Salad		Green Salad Grated Carrots Cucumber Avocado with rocket salad Raw Beetroot Salad	Coleslaw Grated Carrots Green Salad Tomato Salad Celeriac salad
DESSERTS	Blueberry Crumble With custard and yogurt	Fresh Fruit Salad with Shortcake		Homemade Chocolate cake With yoghurt	Vanilla ice cream With Fruit

Assorted Bread; Fresh Fruit and Yoghurt available every day



Ecole Française de Londres
Jacques Prévert

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Organic Chicken sausages with gravy or Quiche Lorraine	Pizza with tomato sauce And Salami Pizza with cheese and Tomato		Chicken with mushroom sauce Or Baked chicken with stir fry vegetables	Fried Breaded Fish Or Grilled Mackerel
VEGETARIAN	Quorn Sausage with Tomato Sauce	Mushroom Ravioli with Tomato Sauce		Fresh Vegetable and Lentil Lasagne	Grilled Tomato with Feta cheese
VEGETABLES	Steamed Broccoli and Sweet corn Creamed Potatoes	Sweet Potato with peas Garlic Bread		Broccoli Roast Carrots	Chipped Potatoes Baked Beans Asparagus
SALAD BAR	Cucumber Grated Carrots Egg Salad Mixed green salad Tomato Salad	Green Salad Beetroot Cucumber Chick Pea Salad Beetroot salad		Green Salad Grated Carrots Cucumber Tuna Salad Mixed bean salad	Coleslaw Grated Carrots Mixed green salad leaves Tomato Salad
DESSERTS	Oat Biscuit With Peach and yoghurt	Fresh Fruit Salad and Oatmeal Biscuit		Organic gluten free Jelly With Yoghurt	Chocolate Ice Cream With Fruit

ASSORTED BREAD, FRESH FRUIT and YOGHURT available everyday

We serve no food that contains nuts

Great tasting food to look forward to and really love.



Ecole Jacques Prevert

Menu September-January 2018

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pasta Bolognaise or Pasta with Cheese sauce	Organic Roast Beef With Yorkshire pudding And gravy		BBQ chicken or Roast chicken With Sauce	Breaded Fish with Lemon Or Baked salmon
VEGETARIAN	Vegetable Ravioli or Pasta with pesto sauce Ratatouille	Egg Florentine Or Vegetable pie with Rice		Dauphinoise Potatoes or Couscous	Vegetable Goujons or Egg Florentine
VEGETABLES	Cauliflower au Gratin And Sweet Corn	Roast Butternut squash Carrots and Peas Roast Potatoes		Organic Roast Vegetables Or Asparagus	Chipped Potatoes Rice Baked Beans Or GarlicPeas
SALAD BAR	Egg Mayonnaise Grated Carrot Green leaves Tomato salad and Mixed bean salad	Green Salad Beetroot Cucumber Mixed Bean Salad Coleslaw		Green Salad Grated Carrots Cucumber Avocado and rocket salad	Coleslaw Grated Carrots Green Salad Tomato Salad Beetroot salad
DESSERTS	Mixed fruit crumble With custard or yoghurt	Cheese with Cheese biscuit		Fresh Fruit Salad with Yoghurt	Ice Cream with Fruit

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Baked Cheese Macaroni Or Plain Macaroni	Roast Turkey with gravy		Roast Beef With Yorkshire Pudding	Fried Beaded Fish Or grilled Mackerel fillet
VEGETARIAN	Pasta with cheese Sauce or Pesto sauce	Lentil and vegetable pie Or Quiche Lorraine		Quorn Stir fry with Vegetables And Noodles	Mushroom and tomato Omelette or Plain omelette
VEGETABLES	Sweetcorn Broccoli Butternut Squash	Sweet Potato Green Beans Roast Potatoes		Roast Carrots and Parsnips Peas	Chipped Potatoes Rice Baked Beans
SALAD BAR	Mixed Salad Leaves Cucumber Beetroot Egg salad Tomato salad	Green Salad leaves Beetroot Grated Carrot Coleslaw		Green Salad Leaves Grated Carrots Cucumber Tuna Salad Mixed bean salad	Coleslaw Grated Carrots Green Salad Tomato Salad Couscous salad
DESSERTS	Crème Brulee With fruit	Fresh Fruit Salad With Yoghurt		Oatmeal Biscuit with fruit	Ice Cream with Fruit Topping

Assorted Bread, Fresh Fruit and Yoghurt available everyday

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forward to and really love.

Weeks 1	Weeks 2	Weeks 3	Weeks 4
From 05/09/17 to 08/09/17	From 11/09/17 to 15/09/17	From 18/09/17 to 22/09/17	From 25/09/17 to 29/09/17
From 02/10/17 to 06/10/17	From 09/10/17 to 13/10/17	From 16/10/17 to 19/10/17	From 06/11/17 to 10/11/17
From 13/11/17 to 17/11/17	From 20/11/17 to 24/11/17	From 27/11/17 to 01/12/17	From 04/12/17 to 08/12/17
From 11/12/17 to 15/12/17	From 18/12/17 to 22/12/17	From 08/01/18 to 12/01/18	From 15/01/18 to 19/01/18
From 22/01/18 to 26/01/18	From 29/01/18 to 02/02/18		