



ECOLE INTERNATIONALE

MENU

FEBRUARY 2018

LENDI | MONDAY

MARDI | TUESDAY

MERCREDI | WEDNESDAY

JEUDI | THURSDAY

VENREDI | FRIDAY

			1	2
			Grilled Steak Potatoes gratin Green salad Dessert	Vegetable Lasagna Cheese Organic green salad Fruit
5	6	7	8	9
Grilled salmon Couscous Acorn, chickpea, carrot soup (served on couscous) Fruit	Olive oil penne pasta Tomato Salad Potato leek soup Yogurt	Blanquette de veau Rice Pilaf Haricot verts Fruit	Egg and Vegetable fried rice Seasonal vegetable soup Vache qui Rit cheese Dessert	Cheese & chicken quesadilla Sauteed squash Organic carrot rapées Fruit
12	13	14	15	16
Grilled Steak Black beans Broccoli and cauliflower gratin Fruit	Chicken teriyaki Organic brown rice Seasonal vegetable soup Yogurt	Rigatoni pasta with tomatoes basil Lentil Salad Cheese Fruit	Boeuf Bourguignon Mashed potatoes Red pepper and cucumber sticks Green salad Dessert	Pizza Seasonal vegetable soup Cherry tomatoes & cucumber sticks Fruit
19	20	21	22	23
No School	No School	No School	No School	No School
26	27	28		
Grilled lemongrass chicken Coconut rice pilaf Carrot and red pepper sticks Mix green salad Fruit	Kale pesto pasta (no pine nuts) Cheese Seasonal vegetable soup Yogurt	Sauteed Shrimp w/ Pea shoot Brown rice Seasonal vegetable soup Fruit		