



L'Ecole Internationale Franco-Anglaise

Hot Lunch Programme / Spring Term 2018

Week commencing 8th January

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

Vinaigrette served separately

ALLERGENS: MUS, MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Grilled chicken escalope, gravy, steamed rice & green beans (gf) (df)

ALLERGENS:

Mushroom & butternut fricassee, steamed rice & green beans (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef chipolatas, new potatoes, sweetcorn, peas, carrots & gravy (gf) (df)

ALLERGENS:

Leek & cheddar croquettes, new potatoes, sweetcorn, peas, carrots (v) ketchup sachets

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Haddock fish cakes, peas, carrots, mini potato wedges, lemon mayo/ketchup sachets

ALLERGENS: WHE, EGG, FIS, MIL

Butternut arancini cakes, peas, carrots, mini potato wedges, mayo/ketchup sachets (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: WHE, CEL

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini orange cakes

ALLERGENS: WHE, EGG, MIL



Week commencing 15th January

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan

ALLERGENS: WHE, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, bowls of parmesan (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot (v) (gf/df)

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & feta pie, new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef stroganoff, steamed rice, green beans & carrots

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



Sweet & sour chicken with egg fried rice (gf) (df)
ALLERGENS: SOY (GF), EGG

Sweet & sour tofu with egg fried rice (v) (gf/df)
ALLERGENS: SOY (GF) EGG

Wholegrain/white baguette slice
ALLERGENS: WHE

Gluten free bread

Mini passion cake
ALLERGENS: WHE, EGG, MIL

Gluten free cakes



Week commencing 22nd January

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Macaroni cheese (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Cherry tomato & cucumber salad (v) (gf/df)

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef meatloaf, BBQ sauce, creamy mash & green beans

ALLERGENS: WHE, MIL, SUL, CEL

Butternut squash & lentil loaf, BBQ sauce, creamy mash & green beans (v)

ALLERGENS: SUL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Lemon & oregano chicken brochettes, vegetable rice, tzatziki, pitta & lemon

ALLERGENS: WHE, MIL

Lemon & oregano halloumi brochettes, vegetable rice, tzatziki dressing, pitta & lemon (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Haddock goujons, mini potato wedges, peas, carrots, sweetcorn, lemon mayo/ketchup sachets

ALLERGENS: FIS, WHE, EGG

Butternut squash & feta croquettes, peas, carrots, sweetcorn, mini potato wedges, lemon & mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE,

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



Slow cooked Mexican beef chilli & tomato rice (gf) (df)

ALLERGENS: CEL

Mixed vegetable & bean chilli & tomato rice (v) (gf/df)

ALLERGENS: CEL

Pots of tortilla chips/bowls of grated cheddar (v)

ALLERGENS: WHE, MIL

Mini banana & chocolate cakes

ALLERGENS: WHE, MIL, EGG, SOY



Week commencing 29th January

Monday

Chicken skewers, creamy wholegrain pesto pasta, parmesan

ALLERGENS: WHE, MIL

Haloumi skewers, creamy wholegrain pesto pasta, parmesan (v)

ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot (v) (gf) (df)

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Shepherd's pie, peas & carrots

ALLERGENS: CEL, SUL, MIL

Lentil shepherd's pie, peas & carrots (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Roast chicken breast, roast potatoes, broccoli, cauliflower, carrots & gravy (gf) (df)

ALLERGENS: CEL, SUL

Quorn roast, broccoli, cauliflower & carrots (v)

ALLERGENS: CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, wholegrain basmati rice, broccoli & sugar snaps (gf) (df)

ALLERGENS: FIS, SOY (gluten free)

Teriyaki aubergine & tofu skewers, wholegrain basmati rice, broccoli & sugar snaps (v) (gf/df)

ALLERGENS: SOY, (gluten free)

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



Spanish style lamb meatballs, courgettes, peppers & crispy potatoes

ALLERGENS: WHE, CEL, MIL

Broccoli, new potato & feta tortilla, courgettes & peppers (v)

ALLERGENS: EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY



Week commencing 5th February

Monday

Chicken parmigiana, tomato & basil wholegrain penne, bowls of parmesan

ALLERGENS: WHE, EGG, CEL, MIL

Aubergine parmigiana, tomato & basil wholegrain penne, bowls of parmesan (v)

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, mini potato wedges, green beans & carrots (gf) (df)

ALLERGENS: WHE

Bean burgers, mini potato wedges, green beans & carrots (v) (gf/df)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken meatballs in a creamy sauce, steamed rice & broccoli

ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice & broccoli (v) (gf/df)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Roast fillet of salmon, gnocchi in a light cream sauce, peas & courgettes

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Fresh gnocchi with a mushroom cream sauce & peas (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



South Indian chicken curry with pilaf rice (gf) (df)

ALLERGENS:

Vegetable coconut curry with pilaf rice (v) (gf/df)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini lemon cake

ALLERGENS: WHE, EGG, MIL



Week commencing 12th February

HALF TERM

Week commencing 19th February

HALF TERM

Week commencing 26th February

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Macaroni cheese (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef meatloaf, BBQ sauce, creamy mash & green beans

ALLERGENS: WHE, MIL, SUL, CEL

Butternut squash & lentil loaf, BBQ sauce, creamy mash & green beans (v)

ALLERGENS: SUL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Lemon & oregano chicken brochettes, vegetable rice, tzatziki, pitta & lemon

ALLERGENS: WHE, MIL

Lemon & oregano halloumi brochettes, vegetable rice, tzatziki dressing, pitta & lemon (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Haddock goujons, mini potato wedges, peas, carrots, sweetcorn, lemon mayo/ketchup sachets

ALLERGENS: FIS, WHE, EGG



Butternut squash & feta croquettes, peas, carrots, sweetcorn, mini potato wedges, lemon & mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE,

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes

Friday



Slow cooked Mexican beef chilli & tomato rice (gf) (df)

ALLERGENS: CEL

Mixed vegetable & bean chilli & tomato rice (v) (gf/df)

ALLERGENS: CEL

Pots of tortilla chips/bowls of grated cheddar (v)

ALLERGENS: WHE, MIL

Mini banana & chocolate cakes

ALLERGENS: WHE, MIL, EGG, SOY



Week commencing 5th March

Monday

Chicken skewers, creamy wholegrain pesto pasta, parmesan
ALLERGENS: WHE, MIL

Haloumi skewers, creamy wholegrain pesto pasta, parmesan (v)
ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot (v) (gf) (df)
Vinaigrette dressing served separately
ALLERGENS: MUS

Wholegrain/white baguette slice
ALLERGENS: WHE

Fruit yoghurt
ALLERGENS: MIL

Tuesday

Shepherd's pie, peas & carrots
ALLERGENS: CEL, SUL, MIL

Lentil shepherd's pie, peas & carrots (v)
ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Pineapple & grapes

Wednesday

Roast chicken breast, roast potatoes, broccoli, cauliflower, carrots & gravy (gf) (df)
ALLERGENS: CEL, SUL

Quorn roast, broccoli, cauliflower & carrots (v)
ALLERGENS: CEL, MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, wholegrain basmati rice, broccoli & sugar snaps (gf) (df)
ALLERGENS: FIS, SOY (gluten free)

Teriyaki aubergine & tofu skewers, wholegrain basmati rice, broccoli & sugar snaps (v) (gf/df)
ALLERGENS: SOY, (gluten free)

Wholegrain/white baguette slice
ALLERGENS: WHE

Melon & grapes



Friday



Spanish style lamb meatballs, courgettes, peppers & crispy potatoes

ALLERGENS: WHE, CEL, MIL

Broccoli, new potato & feta tortilla, courgettes & peppers (v)

ALLERGENS: EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY



Week commencing 12th March

Monday

Chicken parmigiana, tomato & basil wholegrain penne, bowls of parmesan
ALLERGENS: WHE, EGG, CEL, MIL

Aubergine parmigiana, tomato & basil wholegrain penne, bowls of parmesan (v)
ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)
ALLERGENS: MIL

Fruit yoghurt
ALLERGENS: MIL

Tuesday

Steak haché, gravy, mini potato wedges, green beans & carrots (gf) (df)
ALLERGENS: WHE

Bean burgers, mini potato wedges, green beans & carrots (v) (gf/df)
ALLERGENS: CEL

Wholegrain/white baguette slice
ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken meatballs in a creamy sauce, steamed rice & broccoli
ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice & broccoli (v) (gf/df)
ALLERGENS: MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Banana

Thursday

Roast fillet of salmon, gnocchi in a light cream sauce, peas & courgettes
ALLERGENS: FIS, WHE, EGG, CEL, MIL

Fresh gnocchi with a mushroom cream sauce & peas (v)
ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Melon & grapes



Friday



South Indian chicken curry with pilaf rice (gf) (df)

ALLERGENS:

Vegetable coconut curry with pilaf rice (v) (gf/df)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini lemon cake

ALLERGENS: WHE, EGG, MIL



Week commencing 19th March

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

Vinaigrette served separately

ALLERGENS: MUS, MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Grilled chicken escalope, gravy, steamed rice & green beans (gf) (df)

ALLERGENS:

Mushroom & butternut fricassee, steamed rice & green beans (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef chipolatas, new potatoes, sweetcorn, peas, carrots & gravy (gf) (df)

ALLERGENS:

Leek & cheddar croquettes, new potatoes, sweetcorn, peas, carrots (v) ketchup sachets

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Haddock fish cakes, peas, carrots, mini potato wedges, lemon mayo/ketchup sachets

ALLERGENS: WHE, EGG, FIS, MIL

Butternut arancini cakes, peas, carrots, mini potato wedges, mayo/ketchup sachets (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Melon & grapes



Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: WHE, CEL

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini orange cakes

ALLERGENS: WHE, EGG, MIL



Week commencing 26th March

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan

ALLERGENS: WHE, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, bowls of parmesan (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & feta pie, new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

KEY TO ALLERGENS

WHE: cereals containing gluten

CRU: crustaceans, for example prawns, crabs, lobster and crayfish

EGG: eggs

FIS: fish

PEA: peanuts

SOY: soybeans

MIL: milk

TRE: nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

CEL: celery (and celeriac)

MUS: mustard

SES: sesame

SUL: sulphur dioxide, which is a preservative found in some dried fruit

LUP: lupin

MOL: molluscs, for example clams, mussels, whelks, oysters, snails and squid