










# Menu

Johannesburg  
**Week 3**  
**14 - 18 October**  
**2024**



		LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	
MATIN MORNING	 <b>Collation primaire / Primary snack</b> <i>Elémentaire : Fruit seulement /only</i> <i>Maternelle : Fruit +...</i>	Seasonal Fruit <b>Mexican Day</b>	Seasonal Fruit	Seasonal Fruit Salad <b>Vegetarian day</b>	Seasonal Fruit	Beignet/Mikate Fruit	
	 <b>Entrée / Starter</b> <i>Choice of garden salad or...</i>	Garden Salad Mexican Salad	Garden Salad Greek Salad	Garden Salad Couscous & Sundried tomato Salads	Garden Salad Tomato and cucumber Salsas	Salad Bar	
DÉJEUNER - LUNCH	 <b>Plat- Main</b>	 <b>VÉGÉTARIEN VEGETARIAN</b>	Mexican Vegetable Mince, Bean, Quaca mole	Onion Beijies with Honey and Soy Sauce	Savoury Vegetable Quiche Bake	Creamy Vegetable Provençale	Vegetable Pizza and Chips
		 <b>VIANDE / POISSON MEAT / FISH</b>	Mexican Chilli Con Carne, Quacamole, plain Yoghurt	Creamy Tuna & Pasta Bake with Cheese	Savoury Vegetable Quiche Bake	Thyme Creamy Chicken Provençale	Chicken, mushrooms Pineapple Pizza
		 <b>ACCOMPAGNEMENTS SIDE ORDERS</b>	Country Roast mixed vegetable  Steamed Rice	Grilled Zucchini with Red onion	Garlic Roasted Sweet Potato	Steamed Baby Carrot and mint/Fried Basmati rice	Chips
		 <b>Dessert Desert</b>	Assorted Yoghurt Fruit	Fruit	Ice Cream/ Fruit	Fruit	Fruit/Assorted Yoghurt

Pour toute question, suggestion ou commentaire, envoyez un email à : [cantineljv@lyceejulesverne-jhb.net](mailto:cantineljv@lyceejulesverne-jhb.net)  
 For any questions, suggestions or comments, please email: [cantineLJV@lyceejulesverne-jhb.net](mailto:cantineLJV@lyceejulesverne-jhb.net)

Ces menus peuvent être modifiés en fonction des approvisionnements.  
 These menus can change depending on supply of provisions.