



# Menu

Johannesburg

Week 1

03-07 February 2025



**Maternelle**  
Open Chicken Wraps

**Maternelle**  
Lamb Ragout

**Maternelle**  
Chicken Tandoori

**Maternelle**  
Fish Bite








**LUNDI**  
**MONDAY**

**MARDI**  
**TUESDAY**

**MERCREDI**  
**WEDNESDAY**

**JEUDI**  
**THURSDAY**

**VENDREDI**  
**FRIDAY**

MATIN MORNING			Seasonal Fruit	Fruit Salad	Seasonal Fruit	Fruit Cups	Seasonal Fruit Cocktail Blueberry Muffin
 <b>Collation primaire / Primary snack</b> <i>Elémentaire : Fruit seulement /only</i> <i>Maternelle : Fruit +...</i>							
DÉJEUNER - LUNCH	 <b>Entrée / Starter</b> <i>Choice of garden salad or...</i>		Chefs Choice Salsa Salad Asian Slaw Salad	Chefs Choice Salad Green Salad Roasted Sweet potato salad	Chefs Choice Salad Green Salad/ Avo Salad,cucumber,Co cktail tomato	Chefs Choice Salad Green Salad Chakalaka Salad	Chefs Choice Salads Salad Bar
	 <b>Plat-Main</b>	 <b>VÉGÉTARIEN</b> <b>VEGETARIAN</b>	Open Cheesy Vegetable Wraps with Guacamole	Mixed Vegetable Ragout with Chickpeas	Baked Greek Vegetable Moussaka with Mozzarella	Spinach and Feta Quiche	Stuffed Butter with Mixed Vegetable top up, cheese ,Tomato Gravy
		 <b>VIANDE /POISSON</b> <b>MEAT /FISH</b>	Open Cheesy Chicken wraps with Guacamole	Slow Cooked lamb Ragout,New Carrot and Potato Cubed	Oven Roasted Chicken tandoori Served with Tomato butter sauce	Grilled Pollock fillet served with Creamy Caper Sauce	Braised Beef Chuck served with Gravy
		 <b>ACCOMPAGNEMENTS</b> <b>SIDE ORDERS</b>	Garlic and rosemary Roasted Potato wedges	Steamed Corn & Peas/ Lemon Couscous	Roasted Mixed Vegetable Fluffy Rice	Creamy Mash Potato /Grilled Baby Marrow red onion	Chakalaka Pap/MashPotato
 <b>Dessert</b> <b>Desert</b>			Fruit /Yoghurt	Yoghurt & Fruit	Cup cakes Fruit	Yoghurt & Fruit	Fruit Salad

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.