








# Menu

Johannesburg  
08 –12 September 2025



|                  |   | <u>Maternelle</u><br>Portuguese<br>Chicken   | <u>Maternelle</u><br>Creamy Tuna<br>Baked                              | <u>Maternelle</u><br>Chicken Russian                           | <u>Maternelle</u><br>Beef Stroganof                                     |  |
|------------------|---|--|--|--|---|--|
|                  |   | LUNDI<br>MONDAY  | MARDI<br>TUESDAY   | MERCREDI<br>WEDNESDAY  | JEUDI<br>THURSDAY   | VENDREDI<br>FRIDAY   |
| MATIN<br>MORNING |  <b>Collation primaire / Primary snack</b><br><i>Elémentaire : Fruit seulement /only</i><br><i>Maternelle : Fruit +...</i> |  | Seasonal Fruit<br><b>Portuguese Day</b>                                | Seasonal Fruit   | Seasonal Fruit  | Seasonal Fruit<br>Pain au Chocolate                          |
| DÉJEUNER – LUNCH |  <b>Entrée / Starter</b><br><i>Choice of garden salad or...</i>  |  | Chefs Choice Salad<br>Green Salad<br>Portuguese<br>Chickpea Salad      | Chefs Choice Salad<br>Greek Salad<br>Waldof Salad              | Chefs Choice Salad<br>Green Salad<br>3 Bean Salad                       | Chefs Choice Salad<br>Green Salad<br>Lemon Couscous<br>Salad |
|                  |  <b>Plat-<br/>Main</b>   |  <b>VÉGÉTARIEN<br/>VEGETARIAN</b>         | Feijoada<br>(Hearty Bean Stew)   | Creamy Macaroni<br>Bake  | Vegetable Russian<br>Roll with<br>Caramelised Onion<br>and Cheese Sauce | Mushroom<br>Stroganoff with<br>Peppers and<br>Cream Cheese   |
|                  |   |  <b>VIANDE /POISSON<br/>MEAT /FISH</b>    | Portuguese Mild<br>Peri-Peri Chicken<br>served Thyme &<br>Garlic Gravy | Creamy Tuna and<br>Pasta baked with<br>Mozzarella cheese       | Chicken Russian<br>Roll with<br>Caramelised<br>Onion & Cheese<br>Sauce  | Beef Stroganoff<br>with Peppers and<br>Cream Cheese          |
|                  |   |  <b>ACCOMPAGNEMENTS<br/>SIDE ORDERS</b> | Creamy Garlic<br>Spinach<br>Mashed Potato<br>French Bread              | Syrup Glazed<br>Baby Carrots<br>Macaroni Pasta<br>French Bread | Buttered Mixed<br>Veggies<br>Sweet Potato Wedges<br>French Bread        | Corn on a cob<br>Fluffy Rice<br>French Bread                 |
|                  |  <b>Dessert<br/>Desert</b>   |  | Koeksister   | Fruit & Yoghurt<br>SALAD BAR                                   | Fruit Salad   | Fruit & Cheese<br>Stick<br>SALAD BAR                         |

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.