

Daily Menu

La Petite Ecole
Growing up in French & English

Monday

7 November 22

Tuesday

8 November 22

Wednesday

9 November 22

Thursday

10 November 22

Friday

11 November 22

Snacks

Low Fat
Yoghurt Cup

Fruit

Buttery Mini
Croissant

Crudites &
Crackers

Banana

Lunch

Chicken Meat Ball
with Thyme Gravy

Fish In Lemon
Orange Sauce

Chicken Cacciatore

Beef Stroganoff

Parmesan
Baked Fish

Haricot Vert

Garlic Broccoli &
Carrot

Baked Root
Vegetables

Seasonal
Vegetables

Coleslaw

Pumpkin Mashed
Potato

Steam
Jasmine Rice

Penne Pasta

Lemony
Cous Cous

Sweet Potato Fries

Dessert

Banana Muffin

Rich Fruit Cake

Fruit Cup

Fruit

Carrot Cake

Daily Menu



La Petite Ecole
Growing up in French & English

Monday

14 November 22

Tuesday

15 November 22

Wednesday

16 November 22

Thursday

17 November 22

Friday

18 November 22

Snacks

Low Fat
Yoghurt Cup

Fruit

Pain Au
Chocolate

Cheese
& Crackers

Banana

Lunch

Panko Chicken
Chops

Country Fish
Stew

Baked Moroccan
Style Chicken

Beef Meat Ball In
Cream Sauce

5 Spice Baked
Fish

Farmers Greens

Medley of
Vegetables

Baked Vegetables
Ala Mediterranean

Ratatouille

Oriental Vegetable

Potato Hash
With Onion

Buttery
Macaroni

Pilaf Rice

Penne Pasta

Vegetable
Fried Rice

Dessert

Chocolate Chip
Muffin

Marble Cake

Fruit Cup

Fruit

Orange Velvet
Cheesecake



Daily Menu

La Petite Ecole
Growing up in French & English

Monday

21 November 22

Tuesday

22 November 22

Wednesday

23 November 22

Thursday

24 November 22



Friday

25 November 22

Snacks

Low Fat
Yoghurt Cup

Fruit

Danish Sultana

Thanksgiving Menu

Crudites &
Crackers

Banana

Lunch

Fish In Lemon
Butter

Char Siew Chicken

Plant Based
Bolognese

Sous vide Turkey
Breast with
Cranberry Cream

Hearty Fish Stew

Baked Root
Vegetables

Wok Fried
Vegetables

Braised Cabbage
And Carrot

Honey Glazed
Pumpkin

Roasted Brussels
Sprouts

Stewed Chickpea

Steamed Jasmine
Rice

Fusilli Pasta

Raisin Cous Cous

Baked Potato
Wedges

Dessert

Vanilla Muffin

Butter Cake

Fruit Cup

Fruit

Chocolate Fudge
Cake



Daily Menu

La Petite Ecole
Growing up in French & English

Monday

28 November 22

Tuesday

29 November 22

Wednesday

30 November 22

Thursday

1 December 22

Friday

2 December 22

Snacks

Low Fat
Yoghurt Cup

Fruit

Apple Danish

Cheese &
Crackers

Banana

Lunch

Beef Bolognaise

Baked Provencale
Fish with Tomato
Sauce

Wok Fried Chicken
with Chinese
Mushroom

Sweet Sour Fish

Baked Chicken with
Mushroom Cream

Baby Carrot &
Cauliflower

Medley Glazed
Vegetable

Asian Greens

Farmers Greens

Garden Salad

Penne Aglio Olio

Roasted Potato
Wedges

Fried Vermicelli

Steam Jasmine
Rice

Oven Roasted
Potato

Dessert

Blueberry Muffin

Banana Cake

Fruit Cup

Fruit

Lemon Pound
Cake