



FOOD LIST AND EVENING MENUS

English version — Ligue Associative / Malikassociation / M.É.R.Association / My Hôtes Olympique

1. BREAKFAST AND SNACKS

No.	Food item
1	Peanut butter
2	Sliced brioche
3	Sliced sandwich bread
4	Chocolate pastry
5	Rusks
6	Pancakes
7	Mixed cereals
8	Madeleines
9	Cereal bars
10	Crispy almond biscuits
11	Pretzels
12	Sugar cubes
13	50 cl bottle of milk
14	Flavoured milk cartons
15	Fruit juice cartons
16	33 cl cans
17	50 cl water bottles
18	Maple syrup
19	Apple sauce pouches
20	Capri-Sun
21	Jam
22	Nutella
23	Kiri cheese

No.	Food item
24	Babybel cheese
25	Kinder refrigerated bar



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2. PLANNED MENUS — MENU SET A

Day	Evening menu
Monday evening	Chilli con carne / Ice cream
Tuesday evening	Green salad, corn and tomatoes / Royal couscous / Homemade apple sauce
Wednesday evening	Chicken gizzard salad / Carbonara pasta / Homemade rice pudding
Thursday evening	Green beans with vinaigrette / Breaded chicken, duchess potatoes and green salad / Lemon tart
Friday evening	Tomato, tuna and surimi salad / Cottage pie / Chocolate religieuse pastry
Saturday evening	Mixed salad (rice, knacki sausage, cucumber, smoked trout) / Crêpes
Sunday evening	Snack: homemade pie



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2. PLANNED MENUS — MENU SET B

Day	Evening menu
Monday evening	Seafood-flavoured pasta salad / Quiche Lorraine and green salad / Dessert cream
Tuesday evening	Tabbouleh / Roast chicken, potatoes and green beans / Homemade apple pie
Wednesday evening	Cheese puff pastry / Breaded fish and tomato rice / Assorted pastries
Thursday evening	Meat puff pastry / Crab and shrimp fritters with Vichy carrots / Fruit in syrup
Friday evening	Beef lasagne / Ice cream
Saturday evening	Mixed salad / Crêpes
Sunday evening	Homemade pie



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2. PLANNED MENUS — MENU SET C

Day	Evening menu
Monday evening	Green salad and goat cheese-honey toasts / Spaghetti bolognese and Gruyère / Fruit salad
Tuesday evening	Vegetable macédoine with homemade mayonnaise / Tartiflette and green salad / Lemon Greek yoghurt
Wednesday evening	Baked egg and toast strips / Coconut curry chicken and white rice / Tarte Tatin
Thursday evening	Scallop casserole / Steak, sautéed potatoes and green salad / Tiramisu
Friday evening	Fish brandade / Ice cream
Saturday evening	Mixed salad / Crêpes
Sunday evening	Homemade pie



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2. PLANNED MENUS — MENU SET D

Day	Evening menu
Monday evening	Surimi and ham pasta salad / Beef burger, noisette potatoes and green salad / Flavoured Yop yoghurt
Tuesday evening	Quiche Lorraine and green salad / Cheese / Fruit salad
Wednesday evening	Tomatoes and feta / Basque-style chicken and green beans / Chocolate mousse
Thursday evening	Terrine, dry sausage and gherkins / White rice with Thai-style side dish / Fruit yoghurt
Friday evening	Duck cottage pie / Ice cream
Saturday evening	Mixed salad / Crêpes
Sunday evening	Snack: kebab, tacos or pizzas