



FOOD LIST AND EVENING MENUS

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

1. BREAKFAST AND SNACKS

No.	Food item
1	Peanut butter
2	Sliced brioche
3	Sliced bread
4	Chocolate bread
5	Digestive biscuits
6	Pancakes
7	Mixed cereals
8	Madeleines
9	Cereal bars
10	Thin biscuits
11	Pretzels
12	Sugar cubes
13	50 cl bottle of milk
14	Flavoured dairy drinks (cartons)
15	Fruit juices (cartons)
16	33 cl cans
17	50 cl water bottles
18	Maple syrup
19	Fruit compote pouch
20	Capri-Sun
21	Jam
22	Nutella

No.	Food item
23	Kiri processed cheese
24	Babybel
25	Kinder fresh bar



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2. PLANNED MENUS — SET A

Day	Evening menu
Monday evening	Beef chilli con carne / Ice cream
Tuesday evening	Green salad with corn and tomatoes / Royal couscous / Homemade apple compote
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 / Shepherd's pie / Chocolate religieuse pastry
Saturday evening	Mixed salad (rice, shrimp, cucumber, smoked trout) / Pancakes
Sunday evening	Snack: homemade pie



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2. PLANNED MENUS — 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 pastry / Breaded fish fillet and tomato rice / Assorted pastries
Thursday evening	Meat pastry / Crab and shrimp fritters with Vichy carrots / Fruit in syrup
Friday evening	Beef lasagne / Ice cream
Saturday evening	Mixed salad / Pancakes
Sunday evening	Homemade pie



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2. PLANNED MENUS — SET C

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



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2. PLANNED MENUS — SET D

Day	Evening menu
Monday evening	Surimi and ham pasta salad / Beef patty, 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 pickles / White rice with Thai-style accompaniment / Fruit yoghurt
Friday evening	Duck parmentier / Ice cream
Saturday evening	Mixed salad / Pancakes
Sunday evening	Snack: kebab, tacos or pizza