



PALOMA HOTEL CANTEEN LFIA ELEMENTARY & SECONDARY MENU



MENU DE OCTOBRE 2024

MENU MATERNELLE = ₡40.0 / MENU ÉLÉMENTAIRE = ₡45.0 / MENU SECONDAIRE & PERSONNEL = ₡55.0

<u>Week 1</u>	<u>TUESDAY: 1-Oct</u>	<u>WEDNESDAY: 2-Oct</u>	<u>THURSDAY: 3-Oct</u>	<u>FRIDAY: 4-Oct</u>
Starter:	Cabbage Sal./Sal. de Choux	Sliced Veg./Légumes Tranchés	Green Sal./Sal. Vertes	Veg. Samosa
Option 1:	Mexican Rice/Beans Stew/Egg	Hotdog+Potato Wedges	Vegetable Shepard Pie	Fish Fingers + Yam Chips
	Oeuf Ragout de Haricots/Riz	Hotdog+Pommes de Terre	Veg. Pate Pomme de Terre	Poisson / Igname
Option 2:	Spiral Pasta Bolognese	Margherita Pizza + Fries	Chicken Taouk Sand./Chips Inside	Jollof Rice + Beef Stew
	Spaghetti Bolognese	Pizza Margherita + Frites	Sandwich Taouk au Poulet	Ragout de Riz Boeuf Jollof
Dessert:	Pancake/Crêpe	Fruit Sal./Sal. de Fruits	Cake Slice/Tranche Gateau Vanille	Pineapple/Ananas

<u>Week 2</u>	<u>MONDAY: 7-Oct</u>	<u>TUESDAY: 8-Oct</u>	<u>WEDNESDAY: 9-Oct</u>	<u>THURSDAY: 10-Oct</u>	<u>FRIDAY: 11-Oct</u>
Starter:	Green Sal./ Sal. Vertes	Cabbage Sal./Sal. de Choux	Potato Sal./Sal. Pomme de terr	Cheese Bun/Pain au Fromage	Mini Pizza
Option 1:	Chicken Escalope + Saute Potat	Pasta Napolitana Marinara	Tuna Club Sandwich + Fries	Vegetarian Jollof Rice + Egg	Okro Stew + Banku + Beef
	Escalope de Poulet, Pomme de Ter	Pates Napoli Marinara	Club Sand. au Thon+Frites	Veg. Jollof + Oeuf	Ragoût d'Okro+Banku+Boeuf
Option 2:	Shredded Beef + Plain Rice	Chicken Fajita & Mexcian Rice	Beef Burger + Potato Wedges	Chicken Pasta Alfredo	Grilled Chicken + Fried Rice
	Effiloché de Boeuf / Riz	Fajita au Poulet Riz Mexicain	Burger Boeuf + PDT	Pâtes au Poulet Alfredo	Poulet Grillé + Riz Frit
Dessert:	Fruit Sal./Sal. de Fruits	Waffles/Gaufres	Yogurt/Yaourt	Pineapple/Ananas	Watermelon/Pastèque

<u>Week 3</u>	<u>MONDAY: 14-Oct</u>	<u>TUESDAY: 15-Oct</u>	<u>WEDNESDAY: 16-Oct</u>	<u>THURSDAY: 17-Oct</u>	<u>FRIDAY: 18-Oct</u>
Starter:	Cheese Bun/Pain au Fromage	Green Sal./ Sal. Verte	Cabbage Sal./Sal. de Choux	Potato Sal./Sal. Pomme de terre	Veg. Spring Roll
Option 1:	Spinach Minced Meat/Rice	Veg. Penne Arrabbiata	Chicken Burger+French Fries	Creamy Mac & Cheese	Waakye + Spaghetti + Egg
	Épinards Viande Hachée/Riz	Veg. Penne Arrabbiata	Burger de Poulet+Frites	Macaroni au fromage crémeux	Waakye + Spaghetti + Oeuf
Option 2:	Spaghetti Bolognese	Chicken Shawarma Sandwich	Hotdog+Potato Wedges	French Beans + Beef/Vermiceli Rice	Jollof Rice/Chicken+Beef
	Spaghetti Bolognese	Sandwich Shawarma au Poulet	Hotdog+Pommes de Terre	Haricots, Boeuf, Riz	Riz Jollof / Poulet et Boeuf
Dessert:	Fruit Sal./Sal. de Fruits	Vanilla Muffin	Watermelon/Pastèque	Mini Donuts/ Beignets	Pineapple/Ananas

MID-TERM VACATIONS
VACANCES DE TOUSSAINT