

Special Menu - For Lycée Français MLF de Bahreïn - 2018 / 2019

		1-Oct	2-Oct	3-Oct	4-Oct
First Week		Vegetable Soup Chicken Burger	Olive brown bread Regular Fresh Labneh Chicken Oriental with Beef and Rice	Multigrain brown bread Puck Kiri Cheese Penne Arabiata with Chicken	Portuguese Bread Almarai Cheese Kabsa Chicken with Rice
		Mix of Carrot & Cucumber Salad Water / Fresh Fruit Pear	Carrot Salad Water / Regular Yoghurt	Red Salad Water Danish Apple	Mix Green Salad Juice / Fresh Fruit Salad
Second Week	10/7/2018 Lebanese	10/8/2018 Italian	10/9/2018 Bahrain	10/10/2018 French	10/11/2018 Asian
	Arabic Bread Spinach Fatayer Chicken Shawarma with Fries	Vegetarian Soup Linguine Chicken Pasta	Bahraini Bread Sambussa Vegetables Beef Biryani with Rice	Pave bread Kiri Cheese Poulet à la Crème Fraiche with Vegetables	Brown Bread Honey Twigs Chicken Fajita with Rice
	Traditional Tabouli Salad Water / Rice and Milk Pudding	Italian Salad Water Tiramissu	Traditional Salad Juice / Regular Yoghurt Iran	French Salad Water / Tarts	Asian Noodles Salad Water / Fresh Fruit Salad
Third Week	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Pave bread Cheddar Cheese Ratatouille with Rice and fish	Lentil Soup Vegetarian Pizza	Multigrain brown bread Puck Kiri Cheese Spaghetti Bolognese Beef	Arabic Bread Samboussek Cheese Grilled Chicken Kabab with Rice	Olive brown bread Regular Fresh Labneh Couscous with Chicken Sausage
	Cucumber Salad Water / Danish Custard	Red Salad Water Fresh Apple	Salad Carrot Water Fresh Pear	Mix of Carrot & Cucumber Salad Water / Fresh Fruit Salad	Carrot Soup Water / Flavored Yoghurt
Week Four	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
	Olive brown bread La Vache Kiri Daoud Basha with vermicelli rice (Small Kofta)	Pave bread Regular Fresh Labneh Chicken Nouille Pasta	Multigrain brown bread Almarai Cheese Fish with mashed potato and Vegetables	Portuguese Bread Puck Kiri Cheese Chicken Sausage with Potato Coriander	Brown Bread Cheddar Cheese Cut Green Beans with rice and beef
	Red Salad Water / Fresh Apple	Regular Green Salad Water Orange Juice	Salad Lentil Water Fresh Fruits Banana	Cucumber Salad Water / fresh Fruit Salad	Mix of Carrot & Cucumber Salad Water Fresh Pear
Week Five	28-Oct	29-Oct	30-Oct	31-Oct	
	No School	No School	No School	No School	
	No School	No School	No School	No School	

Semaine du goût



# Special Menu - For Lycée Français MLF de Bahreïn - 2018

First Week					1-Nov
					No School
					No School
Second Week	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	Pave bread Cheddar Cheese Potato Soufle with Meat	Olive brown bread Regular Fresh Labneh Chicken Oriental with Rice	Multigrain brown bread Puck Kiri Cheese Spaghetti Bolognese Beef	Vegetable Soup Chicken Sandwich	Portuguese bread Kiri Cheese Biryani Chicken with rice
	Cucumber Salad Water / Danish Custard	Sweet Corn Salad Water / Regular Yoghurt	Salad Carrot Water Fresh Green Apple	Red Salad Water Fresh Banana	Regular Green Salad Water / Orange Juices
Third Week	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
	Portuguese bread Almarai Cheese Cut Green Beans with rice and beef	Pave bread Cheddar Cheese Margherita pizza	Multigrain brown bread Puck Kiri Cheese Fish with mashed and Vegetable	Olive brown bread Regular Fresh Labneh Daood Basha with vermicelli rice(Small Kofta)	Portuguese bread Square Kiri Cheese Mac and Cheese with Chicken
	Regular Green Salad Water Fresh Banana	Cucumber Salad Water / Flavored Yoghurt	Salad Lentil Water Vanilla Muffin	Green Salad Water / Fresh Fruit Salad	Red Salad Water Fresh Green Apple
Week Four	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	Arabic Bread Sambousek Cheese Grilled Chicken with Humus & French Fries	Olive bread Yellow Cheese Baked fish with vegetable rice	Portuguese bread Puck Kiri Cheese Beef Sausage with Potato Coriander	Olive brown bread Regular Fresh Labneh Kabab Chicken with Vegetable rice	Carrot Soup Chicken Shawarma
	Tabouli Salad Water / Apple Juice	Regular Green Salad Water Danish Apple	Carrot Salad Water / Regular Yoghurt	Pumpkin Soup Water Fresh Fruit Salad	Red Salad Water Fresh Banana
Week Four	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	Brown bread Almarai Cheese Chicken Supreme and Vegetable Rice	Multigrain brown bread Almarai Cheese Beef Burger	Pave bread Kiri Cheese Chicken Nouille Pasta	Portuguese bread Puck Kiri Cheese Fish Finger with mashed and Vegetable	Olive brown bread Regular Fresh Labneh Couscouswith Chicken Sausage
	Mix of Carrot & Cucumber Salad Water /	Cucumber Salad Water / Orange Juices	Regular Green Salad Water Fresh Fruit Banana	Salad Pasta Water Danish Cinnamon	Carrot Soup Water / Flavored Yoghurt

