

LA PETITE ECOLE BILINGUE

STEWART INTERNATIONAL SCHOOL



Lunch

Lunch is served from 11.30am.

We actively promote healthy eating. Meals are prepared using freshly purchased products, fresh vegetables bought from known suppliers and high quality free-range meat. We cater for all special dietary requirements including vegetarians and allergies.

Children eat a two courses hot lunch that varies according to the seasons. Menus are rotated according to 3 seasonal periods: autumn, winter /winter, spring / spring, summer.

A TYPICAL WEEKLY LUNCH MENU:

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Casserole with onions, carrots, broccoli and couscous	Chicken and broccoli penne gratin with mixed vegetables	Lamb sausages with mashed potatoes and onion gravy with broccoli and cauliflower	Fish goujons with potato wedges, carrots and peas	Shepherd's pie with courgettes, french beans and mange-tout
Fruit salad	Yoghurt	Fruit	Yoghurt	Fruit salad