



LFIGP

LYCÉE FRANÇAIS INTERNATIONAL
GEORGES POMPIDOU
DUBAI

LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 01.06.26 - 04.06.26



BEN'S FARMHOUSE
FROM FARM TO TABLE FRESHNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Chicken Alfredo with Fusilli Pasta	Fish & Chips with Homemade Tartar Sauce (F)	Mexican Beef Mince Tacos/ Sour Cream/ Cheese	Chicken Penne Melanese with Sundried Tomato
VEGETARIAN	Paneer Alfredo with Fusilli Pasta	Singaporean Veg Noodles with Paneer(V)	Mexican Lentil Mince Tacos/ Sour Cream/ Cheese (V)	Penne Melanese with Sundried Tomato (V)
VEGETABLES	Sauteed Broccoli (V) (VG)(DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Sweetcorn (V)(VG)(DF)(GF)	Oven-Roasted Mediterranean Vegetables (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the Day / Bread Roll (v)	Salad of the Day / Bread Roll (v)	Salad of the Day / Bread Roll (v)	Salad of the Day / Bread Roll (v)
DESSERT	Apple pot (V) (VG) (GF) (DF)	Mandarin (V) (VG) (GF) (DF)	Mixed Seasonal Fruit Pot (V) (VG) (GF) (DF)	Fresh Banana Fruit (V)(VG)(DF)(GF)
PM SNACKS	Plain Croissant (V)(E)	Vanilla Muffin (V)(VG)(GF)	Short Bread Cookie (V)(VG)(GF)(DF)	Egg Free Choco chip Cookie (V)(VG) (GF)(DF)

Average calories per day: 580 - 650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya



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Dates: 08.06.26 - 11.06.26



BEN'S FARMHOUSE
FROM FARM TO TABLE FRESHNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Chicken Kabsa with Mint Yogurt	Baked Fish Nuggets with New Potatoes & Homemade Tartar sauce (F)	Beef Lasagna	Farmhouse Chicken Stew w/ Steamed Rice
VEGETARIAN	Vegetable Pea Kabsa with Mint Yogurt (V)	Baked Beans with New Potatoes & Homemade Tartar Sauce (V)	Vegetarian Ricotta Lasagna (V)	Farmhouse Vegetable Stew w/ Steamed Rice (V)
VEGETABLES	Sauteed Snow Peas (V)(VG)(DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Sweet Corn & Peas (V) (VG)(DF) (GF)	Steamed Broccoli (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)
DESSERT	Mixed Melon Pot (V) (VG) (GF) (DF)	Dessert of the Day	Fresh Banana (V) (VG) (GF) (DF)	Dessert of the Day
PM SNACKS	Plain Croissant (VG)(GF)(DF)	Vanilla Muffin (V)(VG)(GF)	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Blueberry & Oat Muffin (V)(E)

Average calories per day: 580 - 650 calories

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LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 15.06.26 - 18.06.26



BEN'S FARMHOUSE
FROM FARM TO TABLE FRESHNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Teriyaki Steamed Fish with Egg Noodles (F)	Chicken Tikka with Jeera Rice	Penne Pasta w/ Bolognese	Spanish Chicken Hotpot with Herb Baby Potato
VEGETARIAN	Tofu Teriyaki with Egg Noodles (V)	Paneer & Vegetable Tikka with Jeera Rice (V)	Lentil Bolognese with Penne Pasta (V)	Spanish Bean & Vegetable Hotpot with Herb Baby Potato
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Pan Roasted Carrots (V) (VG)(DF)(GF)	Steamed Snow Peas (V) (VG)(DF)(GF)	Lemon Paprika Corn on the Cob (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fresh Banana (V) (VG) (GF) (DF)	Dessert of the Day
PM SNACKS	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Vanilla Muffin (V)(VG)(GF)	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Blueberry & Oat Muffin (V)(E)

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LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 22.06.26 - 25.06.26



BEN'S FARMHOUSE
FROM FARM TO TABLE FRESHNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Beef Bourguignon with Mashed Potato	Light Soy & Ginger Chicken stir fry with Egg Noodles	Steamed Fish in Pink Sauce with Fusilli Pasta (F)	Tropical Coconut Chicken Curry with Fragrant Rice
VEGETARIAN	Mushroom Bourguignon with Mashed Potato (V)	Light Soy & Ginger Vegetable Stir Fry with Egg Noodles (V)	Paneer in Pink Sauce with Fusilli Pasta (V)	Tropical Coconut Chickpea Curry with Fragrant Rice (V)
VEGETABLES	French Beans (V)(VG)(DF)(GF)	Broccoli with Edamame (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(DF)(GF)	Garden Sugar Snaps (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)	Salad of the Day / Bread Roll (V)
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fresh Banana (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Vanilla Muffin (V)(VG)(GF)	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Blueberry & Oat Muffin (V)(E)

Average calories per day: 580 - 650 calories

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