FSJ FRENCH SCHOOL LYCÉE FRANÇAIS | JAKARTA

aefe Agence pour l'enseignement français à l'étranger

Menu Cantine

November 2026

Every meal consists of :
- Baguette
- An appetizer
- Main course (2 options)
- A dessert

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 02 - 06 WESTERN or ORIENTAL	Corn cream soup Chicken parmigiana, roast potatoes, sauteed vegetable or Grilled fish with honey soy sauce, rice and fresh vegetables Sunkish	Tomato bruschetta Meat Lasagna, green salad or Special nasi goreng (chicken & beef sausage), Omelette, and achar Fresh Mixed Berry yogurt	Grated Carrots Beef goulash, mashed potatoes or Chicken karaage rice and salad Vanilla muffin	Chopped American-style salad Vegetarian burrito, Salsa or Beef kalio, nasi uduk Vegetables Fresh mango	Thai mango salad Swedish meatballs & mashed potatoes or Pad thai Pumpkin Doughnut
Week 2 09-13 WESTERN or ORIENTAL	Vegetables tzatziki Lamb tagine, Couscous or Yakiniku-style chicken rice and salad Sweet pineapple	Cucumber salad Chicken Cordon Bleu, ratatouille Or Fish Pindang (fish in a spiced broth), steamed rice, stir-fried Chinese cabbage Lemon yogurt cake	Tabbouleh Beef moussaka, mixed salad or Chicken katsu egg ramen Sliced Apple	Egg Mimosa Cream carrots cheese fusilli, green salad or Vegetarian curry, naan Apple pie	Corn and avocado salad Beef & Cheese Panini, salad or "Soto Betawi"-style beef with rice Dadar gulung (rolled crêpes) with grated coconut
Week 3 16-20 WESTERN or ORIENTAL	Coleslaw Beef and cheese burger, homemade fries or Teriyaki-style fish, Rice and vegetables Banana	Grated carrot and jicama Chicken Yassa, basmati rice, carrots or Korean-style beef with grilled vegetables and stir-fried noodles Brownie Cup	Minestrone soup Saucy beef wrap, salad or "Kung Pao"-style tofu, quail eggs, and vegetables, fried egg, Tempura Tempeh, Rice Grapes	Cherry tomato and Basil salad Roasted fish, sautéed vegetables, and potatoes or Chicken katsu, rice, salad Banana cake	Apple celery salad Creamy chicken and gnocchi, salad or Galbijjim, rice Fresh Strawberry
Week 4 23-27 WESTERN or ORIENTAL	Greek salad Grilled greek chicken, bulgur and vegetables or Sweet and sour fish, rice, salad Tangerine	Corn on the cob Roast beef, potatoes, Baby green beans or Indonesian fried rice, chicken satay, achar Cookies and milk	Macaroni with tuna Croque-monsieur, green salad or Vegetarian japchae, egg, Korean-style cucumber Seasonal fruit	Thanksgiving Menu Pumpkin soup Roast chicken Mashed potatoes with gravy Green beans Apple pie	Grilled tomato and cheese skewers Beef Hotdog, fries, salad or Chicken Teppanyaki, rice, Capcay Dragon Fruits

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December 2026

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- Baguette
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- Main course (2 options)
- A dessert

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 30 nov - 04 dec WESTERN or ORIENTAL	Green Salad Creamy tarragon chicken, Vichy-style carrots, Potatoes or Beef rendang, rice, and Cucumber Plain yogurt	Edamame Beef stew with tagliatelle Or Chicken tikka masala, basmati rice Seasonal fruit	Buttered corn Beef and cheese quesadilla, mixed salad Or Vegetarian Yakisoba, tamagoyaki Chocolate ice cream	Caesar salad Hachis parmentier or Fish katsu, rice, and salad Fruit salad	Perkedel Chicken mushroom risotto, green salad Or Chicken and egg soto (soup) with turmeric Grapes
Week 2 07 - 11 WESTERN or ORIENTAL	Vegetables with hummus Beef tagine, Couscous or Korean garlic honey chicken, rice, veggies Fruit satay	Nicoise salad Spaghetti Pesto/Tomate, salad or Tempeh Orek, Semur (Indonesian-style stew) w/ eggs and tofu, Nasi Uduk (coconut rice), Veggies Mango sorbet	Vegetables Spring Roll Chicken paillard, vegetable rice, broccoli sauteed or Beef Curry Udon, Ajitama Watermelon	Vegetables Asinan Carne guisada, roast potatoes or Coconut Fish & Veg Curry, rice Pukis pandan	Gyoza Greek meatball with pita bread, salad or Sushi (maki/nori maki, nigiri, uramaki) Fruits
Week 3 14 - 18 WESTERN or ORIENTAL	Fattoush salad Beef hamburg Steak, Mashed potatoes, vegetables or Hainan-style chicken served with rice and cucumber Pineapple	Edamame and corn Fish and chips, salad or Cantonese fried rice, fuyunghai, vegetables Churros	Grissini Pollo a la Brasa (Peruvian Grilled Chicken), Patate al Forno, Ciambotta or Chicken Noodles, pangsit Fresh Strawberries	Lyonnaise Salad Spaghetti Bolognese, Green salad or Tori Yakimeshi, Tamagoyaki Profiteroles	Puff pastry sausage roll Hachis Parmentier, Salad or Sate lilit, yellow rice tempe mendoan Fruits salad