FSJ FRENCH SCHOOL LYCÉE FRANÇAIS | JAKARTA

aefe Agence pour l'enseignement français à l'étranger

Menu Cantine

November 2026
Vegetarian

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 Tofu parmigiana, roast potatoes, sauteed vegetables Sunkish	Tomato bruschetta Vegetarian Lasagna, green salad Fresh Mixed Berry yogurt	Grated Carrots Vegetable & bean goulash, mashed potatoes Vanilla muffin	Chopped American-style salad Vegetarian burrito Fresh mango	Thai mango salad Vegetables pad thai, Tempura tempeh Pumpkin Doughnut
Week 2 09-13 WESTERN or ORIENTAL	Vegetables tzatziki Vegetarian Tagine, Couscous Sweet pineapple	Cucumber salad Tofu Cordon Bleu, ratatouille, rice Lemon yogurt cake	Tabbouleh Vegetarian moussaka, mixed salad Sliced Apple	Egg Mimosa Cream carrots cheese fusilli, green salad or Vegetarian curry, naan Apple pie	Corn and avocado salad Egg & Cheese Panini, salad Dadar gulung (rolled crêpes) with grated coconut
Week 3 16-20 WESTERN or ORIENTAL	Coleslaw Vegetarian cheese burger, homemade fries Banana	Grated carrot and jicama Egg & Tempeh Yassa, basmati rice, carrots Brownie Cup	Minestrone soup "Kung Pao"-style tofu, quail eggs, and vegetables, a fried egg, Tempura Tempeh,Rice Grapes	Cherry tomato and Basil salad Tofu & tempeh katsu, rice, Salad Banana cake	Apple celery salad Creamy vegetarian gnocchi, salad Fresh Strawberry
Week 4 23-27 WESTERN or ORIENTAL	Greek salad Grill greek Tofu, bulgur and vegetable Tangerine	Corn on the cob Indonesian fried rice, vegetarian skewers, achar Cookies and milk	Macaroni with tuna Egg croque-monsieur green salad Seasonal fruits	Thanksgiving Menu Pumpkin soup Roast Tempeh Mashed potatoes with gravy Green beans Apple pie	Grilled tomato and cheese skewers Vegetarian Hot Dog, fries, salad Fruits

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 30 nov - 4 dec WESTERN or ORIENTAL	Green Salad Boiled Egg & Tofu rendang, rice, and Cucumber Plain yogurt	Edamame Vegetables Tofu stew with tagliatelle Seasonal fruit	Buttered corn Vegetarian Yakisoba, tamagoyaki Chocolate ice cream	Caesar salad Vegetarian Hachis parmentier Fruit salad	Perkedel Mushroom risotto, green salad Grapes
Week 2 07-11 WESTERN or ORIENTAL	Vegetable with hummus Vegetarian tagine, Couscous 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 Vegetables Curry Udon, Ajitama Watermelon	Vegetables Asinan Vegetarian carne guisada, roast potatoes Pukis pandan	Gyoza Vegetarian Sushi, Tamagoyaki Fruits
Week 3 14 - 18 WESTERN or ORIENTAL	Fattoush salad Vegetarian hamburg Steak, mashed potatoes, vegetables Pineapple	Edamame and corn Cantonese fried rice, fuyunghai, vegetables Churros	Grissini Pollo a la Brasa (Roasted Cauliflower Steaks or Mushroom A la Brasa), Patate al Forno, Classic Ciambotta Fresh Strawberry	Lyonnaise Salad Spaghetti Lentil Bolognese, Green salad Profiteroles	Puff pastry roll Vegetarian Hachis Parmentier, salad Fruits salad