EFIC
French International School of Colombo

CANTEEN MENU

From 23rd to 26th of November

Monday 23	Tuesday 24	Wednesday 25	Thursday 26
	Seasonal fresh fruit juice	Seasonal fresh fruit juice	
Grated carrot salad	Tomato salad	Cucumber salad	Pumpkin soup
Boiled eggs	Scrambled eggs	Steamed egg	Srilankan omelet
Roast chicken with herbs, sautéed potatoes and green beans with mushroom rice	Spaghetti Bolognese with beef	Pork loin with mashed potatoes and carrots	Baked fish fillet, pilaf rice and broccoli
Fresh fruits	Yogurt	Chocolate muffin	Fresh fruits