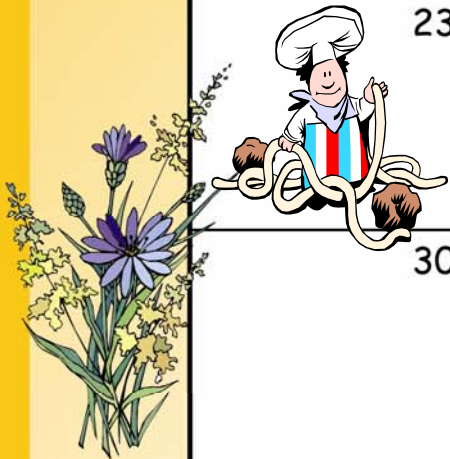



# CEZARS KITCHEN

# JULY 2007



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Udon Noodles</b> 2 (Chunky wheat noodles) <b>Chicken Karage</b> (Tasty fried chicken pieces) 	<b>Lasagna</b> (Baked pasta just the way Garfield likes it !) <b>Garlic Toast</b> With a light layer of freshly-grated parmesan cheese on top	<b>Quiche Lorraine</b> This is a real summer classic; with eggs, bacon & cream. Veggie quiche available too! <b>Jacket Potato and fillins</b>	<b>Tomato &amp; chicken stew</b> Slow simmered and low fat stew <b>Biryani Rice</b> Tasty aromatic rice	<b>Hamburgers</b> 6 With buns and a selection of fillings <b>French Fries</b> Well you have eaten healthy food all week... now its time for some fries!
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

## LUNCH MENU

ALL LUNCH SET MEALS INCLUDE-  
 \*2 HOT MAIN DISHES  
 \*FRESH VEG OF THE DAY  
 \*CHEFS HOMEMADE SOUP  
 \*2 FRESH CRISP SALADS WITH CHOICE OF DRESSINGS  
 \*A MOUTH WATERING DESSERT  
 \*STEAMED WHITE RICE WITH FURIKAKE  
 \*ASSORTMENT OF CONDIMENTS

## CEZARS NEWS

Thank you for dining with us this year at the Saint Maur summer school. We look forward to serving you in the new school year, See you soon!  
 CEZARS KITCHEN