

La cantine Love Life

Menus for Kindergarten of LFIV, school year 2020-2021

Week 36 - from Thursday 3 September to Friday 4 September



Monday

Tuesday

Wednesday

Thursday

Friday

MAIN COURSE

SIDE 1:
VEGETABLES

SIDE 2:
COMPLEX CARBS

DESSERT

No canteen on
first Wednesday

Cottage pie

Chicken stir fry
with cabbage
& spring onions

incl. (tomatoes, carrots)
+corn on the cob

incl. +Steam sweet potato

incl. (potato mash)

Sticky rice

Mango Flavour Yogurt

Seasonal fruit

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 37 - from Monday 7 September to Friday 11 September



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	Croquettes Chicken fried rice	Chicken mild curry	Fish cakes with homemade ketchup
SIDE 1: VEGETABLES	Steamed green beans with butter	Carrot sticks & hummus	Tomatoes & cucumber	Steam cauliflower	Stir fried cabbage
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl.	incl. (potatoes) & steamed rice	Sticky rice
DESSERT	Seasonal fruit	Vanilla Yogurt	Seasonal fruit	Fresh fruit ice lollie	Seasonal fruit

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 38 - from Monday 14 September to Friday 18 September



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	Egg mayo Pork fried rice	Herbs omelette	Marinated roast chicken breast
SIDE 1: VEGETABLES	incl. (cabbage, carrots) + corn on the cob	Cucumber sticks & yogurt sauce	Tomatoes & cucumber	Stir fried green beans	Stir fried bok choi
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pizza base)	incl. (rice)	Green mash with spinach	Sticky rice
DESSERT	Seasonal fruit	Yogurt with mango sauce	Seasonal fruit	Fruit Smoothie	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Cabbage Salad Thai omelette with pork	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drumettes
SIDE 1: VEGETABLES	Sliced Vichy carrots	Cucumber sticks & yogurt sauce	Tomatoes & cucumber	Cucumber sticks	Stir fried zucchini
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl. (rice)	incl. (potatoes)	Sticky rice
DESSERT	Seasonal fruit	Sweet yogurt	Seasonal fruit	Frozen yogurt	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 40 - from Monday 28 September to Friday 2 October



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken strips & homemade tomato sauce	Falafel & pita bread	Nems de légumes Chicken fried rice	Cottage pie	Chicken stir fry with cabbage & spring onions
SIDE 1: VEGETABLES	Steamed broccoli	Grated carrots & tatziki	Tomatoes & cucumber	incl. (tomatoes, carrots) +corn on the cob	incl. +Steam sweet potato
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (bread)	incl. (rice)	incl. (potato mash)	Sticky rice
DESSERT	Seasonal fruit	Strawberry Yogurt	Seasonal fruit	Crème caramel	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 41 - from Monday 5 October to Friday 9 October



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	Croquettes Vegetarian stir fried noodles "Pad Mii"	Chicken mild curry	Fish cakes with home made ketchup
SIDE 1: VEGETABLES	Steamed green beans with butter	Carrot sticks & hummus	Tomatoes & cucumber	Steam cauliflower	Stir fried cabbage
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl. (wheat noodles)	incl. (potatoes) & steamed rice	Sticky rice
DESSERT	Seasonal fruit	Vanilla yogurt	Seasonal fruit	Fresh fruit ice lollie	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 42 - from Monday 12 October to Friday 16 October



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	Tomato Mimosa Grilled cheese & ham Sandwich "Croque"	Herbs omelette	Marinated roast chicken breast
SIDE 1: VEGETABLES	incl. (cabbage, carrots) + corn on the cob	Cucumber sticks & yogurt sauce	Green Salad	Stir fried green beans	Stir fried bok choi
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pizza base)	incl. (bread)	Green mash with spinach	Sticky rice
DESSERT	Seasonal fruit	Vanilla yogurt	Seasonal fruit	Fruit smoothie	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Croquettes Thai omelette with chicken	Roast potatoes with tuna & sweetcorn in mayo	START OF HOLIDAY
SIDE 1: VEGETABLES	Sliced Vichy carrots	Cucumber sticks & yogurt sauce	Stir fried morning glory (Pak Bong)	Cucumber sticks	
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	Steam rice	incl. (potatoes)	
DESSERT	Seasonal fruit	Mango yogurt	Seasonal fruit	Frozen yogurt	



Code couleur				
PORK	FISH	CHICKEN	VEGETARIAN	
	RICE	POTATOES	CEREALS	

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 45 - from Monday 2 November to Friday 6 November



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	Veggie Samosas Chicken fried rice	Chicken mild curry	Fish cakes with home made ketchup
SIDE 1: VEGETABLES	Steamed green beans with butter	Carrot sticks & hummus	Tomatoes & cucumber	Steam cauliflower	Stir fried cabbage
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl. (rice)	incl. (potatoes) & steamed rice	Sticky rice
DESSERT	Seasonal fruit	Sweet yogurt	Seasonal fruit	Crème caramel	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 46 - from Monday 9 November to Friday 13 November



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	Cabbage Salad Pork fried rice	Herbs omelette	Marinated roast chicken breast
SIDE 1: VEGETABLES	incl. (cabbage, carrots) + corn on the cob	Cucumber sticks & yogurt sauce	Stir Fried Zucchini	Stir fried green beans	Stir fried bok choi
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pizza base)	incl. (rice)	Green mash with spinach	Sticky rice
DESSERT	Seasonal fruit	Vanilla yogurt	Seasonal fruit	Fresh fruit ice lollie	Fruit salad



Code couleur				
PORK	FISH	CHICKEN	VEGETARIAN	
	RICE	POTATOES	CEREALS	

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 47 - from tuesday 16 November to Friday 20 November



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Grated Carrots w/ egg Chicken strips	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drumettes
SIDE 1: VEGETABLES	Sliced Vichy carrots	Cucumber sticks & yogurt sauce	Green beans	Cucumber sticks	Stir fried zucchini
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	French fries	incl. (potatoes)	Sticky rice
DESSERT	Seasonal fruit	Vanilla yogurt	Seasonal fruit	Fruit smoothie	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken strips & homemade tomato sauce	Falafel & pita bread	Rouleaux de printemps Veggie fried rice	Cottage pie	Chicken stir fry with cabbage & spring onions
SIDE 1: VEGETABLES	Steamed broccoli	Grated carrots & tatziki	incl. + Tomatoes & cucumber	incl. (tomatoes, carrots) + corn on the cob	incl. + Steam sweet potato
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (bread)	incl. (rice)	incl. (potato mash)	Sticky rice
DESSERT	Seasonal fruit	Sweet yogurt	Seasonal fruit	Frozen yogurt	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 49 - from Monday 30 November to Friday 4 December



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	Nems de légumes Spaghetti Bolognese	Chicken mild curry	Fish cakes with home made ketchup
SIDE 1: VEGETABLES	Steamed green beans with butter	Carrot sticks & hummus	Stir Fried Zucchini w/ Garlic	Steam cauliflower	Stir fried cabbage
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl. (pasta)	incl. (potatoes) & steamed rice	Sticky rice
DESSERT	Seasonal fruit	Mango yogurt	Seasonal fruit	Crème caramel	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS

La cantine Love Life

Menus for **Kindergarten** of LFIV, school year 2020-2021

Week 50 - from Monday 7 December to Friday 11 December



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	Potato Salad Fish strips	Herbs omelette	Marinated roast chicken breast
SIDE 1: VEGETABLES	incl. (cabbage, carrots) + corn on the cob	Cucumber sticks & yogurt sauce	Tomatoes & cucumber	Stir fried green beans	Stir fried bok choy
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pizza base)	Steam rice	Green mash with spinach	Sticky rice
DESSERT	Seasonal fruit	Vanilla yogurt	Seasonal fruit	Fresh fruit ice lollie	Fruit salad



Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Nems de légumes Rie with red pork "moo deng"	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drumettes
SIDE 1: VEGETABLES	Sliced Vichy carrots	Cucumber sticks & yogurt sauce	Stir fried morning glory (Pak Bong)	Cucumber sticks	Stir fried zucchini
SIDE 2: COMPLEX CARBS	Steamed rice	incl. (pasta)	incl. (rice)	incl. (potatoes)	Sticky rice
DESSERT	Seasonal fruit	Xmas log	Seasonal fruit	Smoothie	Fruit salad

Code couleur

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATOES

CEREALS