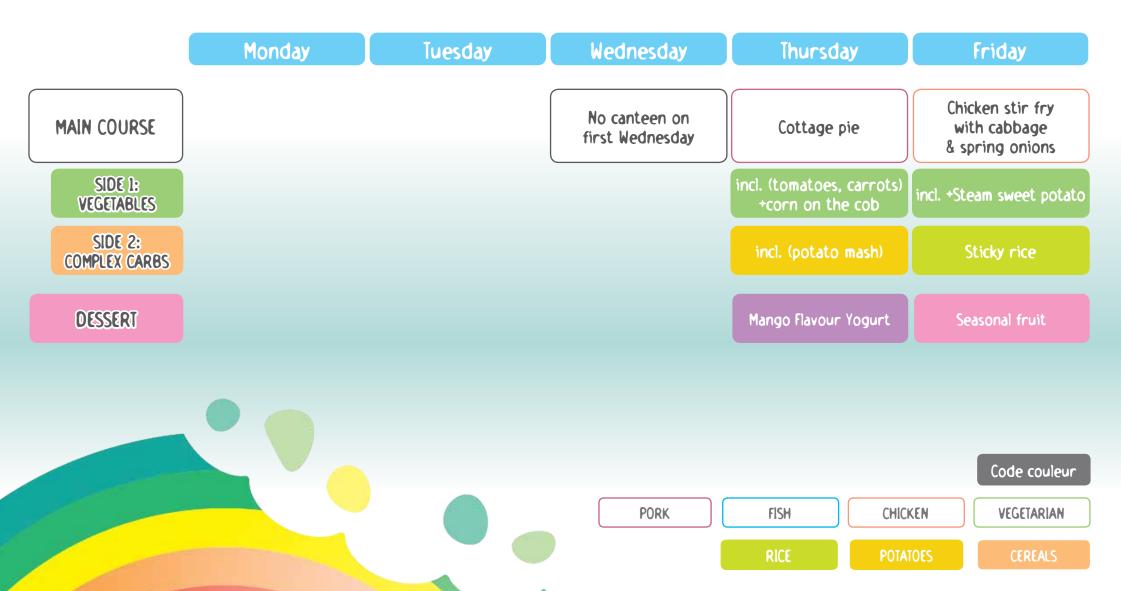
Menus for Kindergarten of LFIV, school year 2020-2021

Week 36 - from Thursday 3 September to Friday 4 September





Menus for Kindergarten of LFIV, school year 2020-2021

Week 37 · from Monday 7 September to Friday 11 September



	Monday	Tuesday	Wednesday	Thursday	Friday
			Croquettes		
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	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.	incl. (potatoes) & steamed rice	Sticky rice
DESSERT	Seasonal fruit	Vanilla Yogurt	Seasonal fruit	Fresh fruit ice Iollie	Seasonal fruit
					Code couleur
			PORK	FISH CHIC	VEGETARIAN
				DICE DOTA	TOES CEDEALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 38 - from Monday 14 September to Friday 18 September



	Monday	Tuesday	Wednesday	Thursday	Friday
			Egg mayo		
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	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 cho
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

PORK

FISH

RICE

CHICKEN

VEGETARIAN

Menus for Kindergarten of LFIV, school year 2020-2021

Week 39 - from Monday 21 September to Friday 25 September



	Monday	Tuesday	Wednesday	Thursday	Friday
			Cabbage Salad		
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Thai omelette with pork	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drummettes
SIDE 1: VEGETABLES	Sliced Vichy carrots	Cucumber sticks & yo- gurt 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 CHIC	
				RICE POTA	TOES CEREALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 40 · from Monday 28 September to Friday 2 October



CHICKEN

VEGETARIAN

	Monday	Tuesday	Wednesday	Thursday	Friday
			Nems de légumes		
MAIN COURSE	Chicken strips & home-made tomato sauce	Falafel & pita bread	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

PORK

FISH

RICE

Menus for Kindergarten of LFIV, school year 2020-2021

Week 41 - from Monday 5 October to Friday 9 October



		Monday	Tuesday	Wednesday	Thursday	Friday
_				Croquettes		
	MAIN COURSE	Chicken patties & home-made tomato sauce	Pesto fusilli & grated cheese	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 Iollie	Fruit salad
						Code coulous
				PORK	FISH CHIC	Code couleur VEGETARIAN

Menus for Kindergarten of LFIV, school year 2020-2021

Week 42 - from Monday 12 October to Friday 16 October



SIDE 1: vegetables stew stew sweetcorn sweetcorn sweetcorn sweetcorn sheet the search a harm sandwich "Croque" sticks fried stew sheetcorn sheet sticks sweetcorn sheet sticks		Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE Chicken & vegetable stew (mushrooms, olives, sweetcorn) SIDE 1: VEGETABLES incl. (cabbage, carrots) +corn on the cob SIDE 2: COMPLEX CARBS Steamed rice (mushrooms, olives, sweetcorn) Cucumber sticks & yogurt sauce Stir fried green beans Stir fried green beans Stir fried green mash with spinach Sticken & vegetable stew (mushrooms, olives, sweetcorn) Cucumber sticks & yogurt sauce Incl. (pizza base) Incl. (bread) Green mash with spinach Sticken & vegetable stew Chicken & vegetable stew Chicken & vegetable stew Stir fried green beans Stir fried green beans Stir fried green mash with spinach Sticken & vegetable stew Stir fried green beans				Tomato Mimosa		
SIDE 28 COMPLEX CARBS Steamed rice Story fried green beans Stir fried green	MAIN COURSE		(mushrooms, olives,	 	Herbs omelette	Marinated roast chicken breast
COMPLEX CARBS Steamed rice Incl. (pizza base) Incl. (bread) Green mash with spinach Stick				Green Salad	Stir fried green beans	Stir fried bok choi
Seasonal fruit Vanilla yogurt Seasonal fruit Fruit smoothie Frui		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 coule
PORK FISH CHICKEN				PORK	FISH CHICK	

Menus for Kindergarten of LFIV, school year 2020-2021

Week 43 - from Monday 19 October to Thursday 23 October



	Monday	Tuesday	Wednesday	Thursday	Friday
			Croquettes		
MAIN COURSE	Pork mince & mushrooms stir-fry	fusilli in tomato sauce & grated cheese	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	
The same of the sa					Code couleu
			PORK	FISH	CHICKEN VEGETARIAN
37				RICE	POTATOES CEREALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 45 - from Monday 2 November to Friday 6 November



	Monday	Tuesday	Wednesday	Thursday	Friday
			Veggie Samosas		
MAIN COURSE	Chicken patties & homemade tomato sauce	Pesto fusilli & grated cheese	Chicken fried rice	Chicken mild curry	fish cakes with home made ketchup
SIDE 18 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 couleu
			PORK	FISH CHIC	KEN VEGETARIAN
7				RICE POTA	TOFS CEREALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 46 - from Monday 9 November to Friday 13 November



Code couleur

VEGETARIAN

	Monday	Tuesday	Wednesday	Thursday	Friday
			Cabbage Salad		
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	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 Iollie	Fruit salad

PORK

FISH

RICE

CHICKEN

Menus for Kindergarten of LFIV, school year 2020-2021

Week 47 - from tuesday 16 November to Friday 20 November



	Monday	Tuesday	Wednesday	Thursday	Friday
			Grated Carrots w/ egg		
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Chicken strips	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drummettes
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 couleu
			PORK	FISH CHICI	
				RICE POTA	TOES CEREALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 48 - from Monday 23 November to Friday 27 November



	Monday	Tuesday	Wednesday	Thursday	Friday
			Rouleaux de printemps		Children Ata Cou
MAIN COURSE	Chicken strips & homemade tomato sauce	Falafel & pita bread	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 CHIC	KEN VEGETARIAN
3/				RICE POTA	TOES CEREALS

Menus for Kindergarten of LFIV, school year 2020-2021

Week 49 - from Monday 30 November to Friday 4 December



	Monday	Tuesday	Wednesday Nems de légumes	Thursday	Friday
MAIN COURSE	Chicken patties & home-made tomato sauce	Pesto fusilli & grated cheese	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
					Codo contro
			PORK	FISH CHICE RICE POTA	

Menus for Kindergarten of LFIV, school year 2020-2021

Week 50 - from Monday 7 December to Friday 11 December



	Monday	Tuesday	Wednesday	Thursday	Friday
			Potato Salad		
MAIN COURSE	Chicken & vegetable stew	Vegetarian pizza (mushrooms, olives, sweetcorn)	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 choi
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 Iollie	Fruit salad
					Code coule

Menus for Kindergarten of LFIV, school year 2020-2021

Week 51 - from Monday 14 December to Friday 18 December



	Monday	Tuesday	Wednesday	Thursday	Friday
			Nems de légumes		
MAIN COURSE	Pork mince & mushrooms stir-fry	Fusilli in tomato sauce & grated cheese	Rie with red pork "moo deng"	Roast potatoes with tuna & sweetcorn in mayo	Roast paprika chicken drummettes
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 CHIC	KEN VEGETARIAN
7				RICE POTA	TOES CEREALS