

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 36 - from Thursday 3 September to Friday 4 September



Monday

Tuesday

Wednesday

Thursday

Friday

STARTER

Egg Mayo

Fried Spring Rolls

PLAT PRINCIPAL

Préentrée
du personnel,
pas de cantine

Pas de cantine
le premier mercredi

Spaghetti Bolognese

Chicken Green Curry

SIDE 1:
VEGGIES

Stir Fried Green Beans
& Mac Sou

Tomato & Cucumber

SIDE 2:
COMPLEX CARBS

incl. (pasta)

Steam Rice

DESSERT

Home made yogurt

Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 37 - from Monday 7 September to Friday 11 September



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Samosas	Sweetcorn Salad	Falafel with Tatziki	Taboulé	Rice Salad
PLAT PRINCIPAL	Chicken Massaman	Tuna fusilli	Pork fried rice	Khao Ka Pao Moo (Pork)	Chicken Pizza
SIDE 1: VEGGIES	Green Salad	Stir Fried Zucchini	Tomato & Cucumber	Tomato & Cucumber	Fried Eggplants
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	incl.	Steam Rice / Pumpkin	incl. (pizza base)
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Ice fruit lollies	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Grated Carrots	Veggie Samosas	Egg Mayo	Maki sushi (veggie)	Pumpkin Soup
PLAT PRINCIPAL	Chicken strips	Sweet and Sour Fish	Pork Fried Rice	Aubergines Parmiggiana	Chicken Pad Thai
SIDE 1: VEGGIES	Garlic green beans	Stir Fried Morning Glory (Pak Bong)	Tomato & Cucumber	Green Salad	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	Mash potatoes	Yellow Rice	incl. (rice)	Pilau rice	incl. (rice noodles)
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Crème caramel	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Lao Salad	Potato Salad	Cabbage Salad	Tomato Salad	Grated Carrots w/ egg
PLAT PRINCIPAL	Khao Man Kai Thod	Penne Carbonara	Thai omelette with pork	Tuna Green Curry	Pad Mii - Veggie
SIDE 1: VEGGIES	Carrot, broccoli & cauliflower	Broccoli & Mac Sou	Tomato & Cucumber	Stir Fried Cabbage	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	incl. (rice)	Steam Rice	incl. (wheat noodles)
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Fruit Smoothie	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 40 - from Monday 28 September to Friday 2 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Miso Soup	Cucumber tomato salad	Fried Spring Rolls	Lao Salad	Cheese crepes
PLAT PRINCIPAL	Pork katsu curry	Fish strips	Chicken fried rice	Vegetarian Lasagna	Stir fried chicken w/ ginger
SIDE 1: VEGGIES	Broccoli & cauliflower	Stir Fried Cabbage	Tomato & Cucumber	Green Salad	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	Steam Rice	French Fries	incl. (rice)	incl. (pasta)	Steam Rice
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Frozen yogurt	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Egg Mayo	Spinach Soup	Croquettes	Tomato Salad	Sweetcorn Salad
PLAT PRINCIPAL	Spaghetti Ki Mao (pork)	Basquaise Fish	Pad Mii Veggie	Chicken Laap	Vegetarian Curry
SIDE 1: VEGGIES	Zucchini & Mac Sou	Green Salad	Tomato & Cucumber	Laap Veggies	Cauliflower Bake
SIDE 2: COMPLEX CARBS	incl. (pasta)	Roast potatoes	incl. (wheat noodles)	Sticky Rice	Steam Rice
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Ice fruit lollies	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 42 - from Monday 12 October to Friday 16 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Miso soup	Potato Salad	Tomato Mimosa	Lao salad	Grated Carrots w/ egg
PLAT PRINCIPAL	Rice with pork "moo deng"	Barbecue chicken	Croque provençal	Fish Croquettes	Khao Ka Pao Chicken
SIDE 1: VEGGIES	Tomato & Cucumber	Papaya Salad	Green Salad	Carrot, broccoli & cauliflower	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	incl. (rice)	Sticky rice	incl. (bread)	Yellow Rice	Steam Rice
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Crème caramel	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 43 - from Monday 19 October to Thursday 23 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Tomato Salad	Cabbage Salad	Croquettes	Grated Carrots	
PLAT PRINCIPAL	Viennese sausages (hot dogs)	Pad Siew Veggie	Thai omelette with chicken	Tuna Pizza	START OF HOLIDAY
SIDE 1: VEGGIES	Stir Fried Green Beans & Mac Sou	incl. + Tomato & Cucumber	Stir Fried Morning Glory (Pak Bong)	Green Salad	
SIDE 2: COMPLEX CARBS	French fries	incl. (rice noodles)	Steam Rice	incl. (pizza base)	
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Fruit Smoothie	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Cabbage Salad	Mixed Salad	Veggie Samosas	Spinach Soup	Sweetcorn Salad
PLAT PRINCIPAL	Chicken Green Curry	Spaghetti Pesto	Chicken fried rice	Stuffed tomatoes	Fish Pie "Parmentier"
SIDE 1: VEGGIES	incl. + Tomato & Cucumber	Baked Tomatoes	Tomato & Cucumber	incl. (tomatoes)	Green Salad
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	incl. (rice)	Brown Rice with herbs	incl. (mash potato)
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Frozen yogurt	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Egg Mayo	Mixed Salad	Cabbage Salad	Sweetcorn Salad	Pumpkin Soup
PLAT PRINCIPAL	Vegetarian Curry	Meuniere Fish	Pizza Margarita	COTTAGE PIE	Chinese Chicken Lad Na
SIDE 1: VEGGIES	Crispy Cauliflower	Vichy Carrots	Stir Fried Zucchini	Green Salad	incl. (carrot, cabbage, mushroom, bok choy)
SIDE 2: COMPLEX CARBS	Steam Rice w/ Sweetcorn	Pilau Rice	incl. (pizza base)	incl. (mash potato)	Stir Fried Rice Noodles
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Ice fruit lollies	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Mixed Salad	Tuna Toast	Grated Carrots w/ egg	Grated Carrots	Sweetcorn Salad
PLAT PRINCIPAL	Lao herbs sausages	Pad Thai Veggie	Chicken strips	Fish lasagna	Thai pork ribs
SIDE 1: VEGGIES	Stewed Cabbage	incl. + Tomato & Cucumber	Green beans	Green Salad	Stir Fried Carrot, broccoli & cauliflower
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (rice noodles)	French Fries	incl. (pasta)	Steam Rice
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Crème caramel	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

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RICE

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CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Veggie Samosas	Rice Salad	Fresh Spring Rolls	Croquettes	Cabbage Salad
PLAT PRINCIPAL	Chicken blanquette	Tuna fusilli	Veggie fried rice	Khao Kha Moo	Chicken kebabs
SIDE 1: VEGGIES	incl. + Garlic Green Beans	Stir Fried Zucchini & Mac Sou	incl. + Tomato & Cucumber	Stir Fried Morning Glory (Pak Bong)	Green Salad
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	incl. (rice)	Steam Rice / Lentils	French fries
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Fruit Smoothie	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Miso Soup	Egg Mayo	Fried Spring Rolls	Japanese Salad	Grated Carrots
PLAT PRINCIPAL	Veggie Pad Mii	Chicken stew roast	Spaghetti Bolognese	Khao Kai Mok Wings	Tuna Pizza
SIDE 1: VEGGIES	incl. + Tomato & Cucumber	Stir Fried Bok Choi	Stir Fried Zucchini w/ Garlic	Stir Fried Cabbage & Broccoli	Green Salad
SIDE 2: COMPLEX CARBS	incl. (wheat noodles)	Potato mash	incl. (pasta)	Yellow Rice	incl. (pizza base)
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Frozen yogurt	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

La cantine Love Life

Menus for the **elementary campus** of LFIV, school year 2019-2020

Week 50 - from Monday 7 December to Friday 11 December



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Cucumber in Yogurt	Lao Salad	Potato Salad	Grated Carrots	Beetroot Soup
PLAT PRINCIPAL	Chicken strips	Vegetarian Chilli w/ cheese	Fish strips	Lasagna bolognese	Roast Paprika Chicken
SIDE 1: VEGGIES	Stewed Cabbage	Tomato Salsa	Tomato & Cucumber	Green Salad	Roast Pumpkin
SIDE 2: COMPLEX CARBS	Mash potato	Yellow Rice	Steam Rice	incl. (pasta)	Sticky Rice
DESSERT	Seasonal fruit	Home made yogurt	Seasonal fruit	Ice fruit lollies	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Cucumber tomato salad		Fried Spring Rolls	Sweetcorn Salad	Fresh Spring Rolls
PLAT PRINCIPAL	Cheese Omelette	Christmas Lunch TBC	Rice with Pork "moo deng"	Fish Paneang Curry	Fusilli Pesto
SIDE 1: VEGGIES	Garlic green beans		Stir Fried Morning Glory (Pak Bong)	Tomato & Cucumber	Baked Tomatoes
SIDE 2: COMPLEX CARBS	French Fries		incl. (rice)	Steam Rice	incl. (pasta)
DESSERT	Seasonal fruit		Seasonal fruit	Crème caramel	Seasonal fruit

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS