

La cantine Love Life

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

Week 36 - from Thursday 3 September to Friday 4 September



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS				Egg Mayo Cucumber in Yogurt	Fried Spring Rolls Lao Salad
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 OPTIONS				Home made yogurt Seasonal fruit Crème caramel	Home made yogurt Seasonal fruit Fruit salad
<div> <div>Colour code</div> <div> <div>PORK</div> <div>FISH</div> <div>CHICKEN</div> <div>VEGETARIAN</div> </div> <div> <div>RICE</div> <div>POTATO</div> <div>CEREALS</div> </div> </div>					

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 37 - from Monday 7 September to Friday 11 September



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Samosas	Sweetcorn Salad	Falafel with Tatziki	Taboulé	Rice Salad
	Mixed Salad	Cabbage Salad		Spinach Soup	Cucumber in Yogurt
PLAT PRINCIPAL	Chicken Massaman	Tuna fusilli	Cheese Omelette	Khao Ka Pao Moo (Pork)	Chicken Pizza
SIDE 1: VEGGIES	Green Salad	Stir Fried Zucchini	Green Salad	Tomato & Cucumber	Fried Eggplants
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	French fries	Steam Rice / Pumpkin	incl. (pizza base)
DESSERT OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Mango sticky rice		Papaya & mango cake	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 38 - from Monday 14 September to Friday 18 September



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Grated Carrots	Veggie Samosas	Egg Mayo	Maki sushi (veggie)	Pasta Salad
	Cucumber tomato salad	Mixed Salad		Beetroot salad	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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Banana choc cake		Apple fritters	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 39 - from Monday 21 September to Friday 25 September



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Pumpkin Soup	Potato Salad	Cabbage Salad	Fresh Spring Rolls	Grated Carrots w/ egg
	Lao Salad	Tomato Mimosa		Tomato Salad	Japanese Salad
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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Fruit crumble		Ice cream	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 40 - from Monday 28 September to Friday 2 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Miso Soup	Rice Salad	Fried Spring Rolls	Veggie Samosas	Cheese crepes
	Mixed Salad	Cucumber tomato salad		Lao Salad	Papaya salad
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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Papaya & mango cake		Pineapple fritters	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

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

Week 41 - from Monday 5 October to Friday 9 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Egg Mayo	Spinach Soup	Croquettes	Fresh Spring Rolls	Sweetcorn Salad
	Grated Carrots	Cabbage Salad		Tomato Salad	Japanese 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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Chocolate cake		Namwan banana/coco	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 42 - from Monday 12 October to Friday 16 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Fried Spring Rolls Miso soup	Potato Salad Tomato Soup	Tomato Mimosa	Potato Salad Lao salad	Fresh Spring Rolls 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 OPTIONS	Home made yogurt Seasonal fruit Fruit salad	Home made yogurt Seasonal fruit Mo Keng Thai	Home made yogurt Seasonal fruit	Home made yogurt Seasonal fruit Ice cream	Home made yogurt Seasonal fruit Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 43 - from Monday 19 October to Thursday 23 October



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Fried Spring Rolls Tomato Salad	Potato Salad Cabbage Salad	Croquettes	Pumpkin Soup 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 OPTIONS	Home made yogurt Seasonal fruit Fruit salad	Home made yogurt Seasonal fruit Mango cake	Home made yogurt Seasonal fruit	Home made yogurt Seasonal fruit Smoothie ice lollie	

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

NB. Secondary students may have two desserts if they wish, but one at least of those must be a serving of fresh fruit

La cantine Love Life

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

Week 45 - from Monday 2 November to Friday 6 November



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Veggie Fritters	Fresh Spring Rolls	Veggie Samosas	Spinach Soup	Sweetcorn Salad
	Cabbage Salad	Mixed Salad		Lao Salad	Cucumber in Yogurt
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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Crème caramel		Banana choc cake	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 46 - from Monday 9 November to Friday 13 November



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Egg Mayo	Tomato Soup	Cabbage Salad	Sweetcorn Salad	Pumpkin Soup
	Tomato Salad	Mixed Salad		Fresh Spring Rolls	Tomato Mimosa
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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Smoothie ice lollie		Apple fritters	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 47 - from mardi 16 November to Friday 20 November



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Veggie Fritters	Tuna Toast	Grated Carrots w/ egg	Potato Salad	Sweetcorn Salad
	Mixed Salad	Japanese Salad		Grated Carrots	Lao 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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Mok Keng thai		Ice cream	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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

Week 48 - from Monday 23 November to Friday 27 November



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Veggie Samosas	Rice Salad	Fresh Spring Rolls	Croquettes	Taboulé
	Tomato Salad	Spinach Soup		Mixed Salad	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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Pineapple fritters		Cream puffs (choux)	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 49 - from Monday 30 November to Friday 4 December



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Miso Soup	Egg Mayo	Fried Spring Rolls	Potato Salad	Pumpkin Soup
	Lao Salad	Mixed Salad		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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Fruit tart		Crème caramel	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 50 - from Monday 7 December to Friday 11 December



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Sweetcorn Salad	Grated Carrots w/ egg	Potato Salad	Rice Salad	Beetroot Soup
	Cucumber in Yogurt	Lao Salad		Grated Carrots	Tomato salad
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 OPTIONS	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt	Home made yogurt
	Seasonal fruit	Seasonal fruit		Seasonal fruit	Seasonal fruit
	Fruit salad	Banana Fritters		Ice fruit lollies	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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La cantine Love Life

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

Week 51 - from Monday 14 December to Friday 18 December



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Miso Soup Cucumber tomato salad		Fried Spring Rolls	Sweetcorn Salad Lao Salad	Pumpkin Soup 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 OPTIONS	Home made yogurt Seasonal fruit Fruit salad		Home made yogurt Seasonal fruit	Home made yogurt Seasonal fruit Crème caramel	Home made yogurt Seasonal fruit Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

RICE

POTATO

CEREALS

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