

La cantine Love Life

Menus for the **secondary campus** of LFIV, school year 2020-2021

Week 1 - from Tuesday 5 January to Friday 8 January



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS		Beetroot Soup Cucumber tomato salad	Pizza	Egg Mayo Cucumber in Yogurt	Fried Spring Rolls Lao Salad
MAIN DISH	LAST DAY OF XMAS BREAK	Viennese sausages (hot dogs)	Veggie Fried Rice w/ fried egg	Spaghetti Bolognese (chicken)	Chicken Green Curry
SIDE 1: VEGGIES		Stir Fried Cabbage	Tomato & Cucumber	Stir Fried Green Beans & Mac Sou	Tomato & Cucumber
SIDE 2: COMPLEX CARBS		Steam Rice	incl. (rice)	incl. (pasta)	Steam Rice
DESSERT OPTIONS		Home made yogurt Seasonal fruit Papaya & mango cake	Home made yogurt Seasonal fruit	Home made yogurt Seasonal fruit Namwan banana/coco	Home made yogurt Seasonal fruit Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

SPECIAL RICE

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 2020-2021

Week 2 - from Monday 11 January to Friday 15 January



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Samosas	Sweetcorn Salad	Falafel with Tatziki	Taboule	Cucumber in Yogurt
	Mixed Salad	Cabbage Salad		Spinach Soup	Tomato Salad
MAIN DISH	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 w/ 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		Pineapple cake	Fruit salad

Colour code

PORK

FISH

CHICKEN

VEGETARIAN

SPECIAL RICE

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CEREALS

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Menus for the **secondary campus** of LFIV, school year 2020-2021

Week 3 - from Monday 18 January to Friday 22 January



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Grated Carrots	Veggie Samosas	Egg Mayo	Maki sushi (veggie)	Green beans & SUKI
	Cucumber tomato salad	Mixed Salad		Beetroot salad	Pumpkin Soup
MAIN DISH	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)	Brown 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

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Week 4 - from Monday 25 January to Friday 29 January



	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
MAIN DISH	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)	Brown 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

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Week 5 - from Monday 1 February to Friday 5 February



Pancake Day

	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Miso Soup	Cheese "crepe" pancake	Fried Spring Rolls	Veggie Samosas	Green beans & SUKI
	Mixed Salad	Cucumber tomato salad		Lao Salad	Papaya salad
MAIN DISH	Pork katsu curry	Thai omelette with chicken	Chicken fried rice	Vegetarian Lasagna	Stir fried chicken w/ ginger
SIDE 1: VEGGIES	Broccoli & Chayotes	Stir Fried Morning Glory (Pak Bong)	Tomato & Cucumber	Green Salad	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	Brown Rice	Steam Rice	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	Chocolate "crepe" pancake		MoK Keng Thai	Fruit salad

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Week 6 - from Monday 8 February to Friday 12 February



Chinese New Year

	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Egg Mayo	Spinach Soup	Croquette	Chinese salad	Fresh Spring Rolls
	Grated Carrots	Cabbage Salad		Chicken & veg ravioli	Tomato Salad
MAIN DISH	Spaghetti Ki Mao (pork)	Basquaise Fish	Pad Mii Veggie	Glazed pork Ribs w/ sesame	Chicken Laap
SIDE 1: VEGGIES	Zucchini & Mac Sou	Green Salad	Tomato & Cucumber	Bok Choi w/ garlic	Laap Veggies
SIDE 2: COMPLEX CARBS	incl. (pasta)	Roast potatoes	incl. (wheat noodles)	Steam rice or Yellow noodles	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	Chocolate cake		Pineapple fritters	Fruit salad

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Week 7 - from Monday 15 February to Tuesday 16 February



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Fried Spring Rolls	Potato Salad			
	Miso soup	Tomato Soup			
MAIN DISH	Pad Siew with Pork	Barbecue chicken	START OF MID-TERM BREAK		
SIDE 1: VEGGIES	Tomato & Cucumber	Papaya Salad			
SIDE 2: COMPLEX CARBS	incl. (rice)	Sticky rice			
DESSERT OPTIONS	Home made yogurt	Home made yogurt			
	Seasonal fruit	Seasonal fruit			
	Fruit salad	Mango sticky rice			

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Week 8 - from Monday 1 March to Friday 5 March



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Tomato cucumber salad	Veggie Fritters	Tomato Mimosa	Pink hummus canape	Fresh Spring Rolls
	Green beans & SUKI	Lao Salad		Mix salad	Grated Carrots w/ egg
MAIN DISH	Macaroni Bolognese BAKE	Roast Paprika Chicken	Croque provençal	Fish Croquettes	Khao Ka Pao Chicken
SIDE 1: VEGGIES	Green Salad	Roast Pumpkin	Stir Fried Cabbage	Carrot, broccoli & cauliflower	Tomato & Cucumber
SIDE 2: COMPLEX CARBS	incl. (pasta)	Sticky Rice	incl. (bread)	Yellow 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	Panna cotta coco mango		Ice cream	Fruit salad

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Menus for the **secondary campus** of LFIV, school year 2020-2021

Week 9 - from Tuesday 9 March to Friday 12 March



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS		Fresh Spring Rolls Mixed Salad	Veggie Samosas	Spinach Soup Cabbage Salad	Sweetcorn Salad Cucumber in Yogurt
MAIN DISH	INTERNATIONAL WOMEN'S DAY	Spaghetti Pesto	Pork fried rice	Chicken Green Curry	Fish Pie "Parmentier"
SIDE 1: VEGGIES		Baked Tomatoes	Tomato & Cucumber	incl. + Tomato & Cucumber	Green Salad
SIDE 2: COMPLEX CARBS		incl. (pasta)	incl. (rice)	Steam Rice	incl. (mash potato)
DESSERT OPTIONS		Home made yogurt Seasonal fruit Pineapple fritters	Home made yogurt Seasonal fruit	Home made yogurt Seasonal fruit Banana choc cake	Home made yogurt Seasonal fruit Fruit salad

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Week 10 - from Monday 15 March to Friday 19 March



	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
MAIN DISH	Vegetarian Curry	Meuniere Fish	Pizza Margarita	COTTAGE PIE	Thai omelette with chicken
SIDE 1: VEGGIES	Crispy Cauliflower	Vichy Carrots	Stir Fried Zucchini	Green Salad	Stir Fried Carrot, broccoli & cauliflower
SIDE 2: COMPLEX CARBS	Steam Rice w/ Sweetcorn	Pilau Rice	incl. (pizza base)	incl. (mash potato)	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	Smoothie ice lollie		Chocolate Coconut cake	Fruit salad

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Menus for the **secondary campus** of LFIV, school year 2020-2021

Week 11 - from Monday 22 March to Friday 26 March



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Veggie Fritters	Tuna Toast	Grated Carrots w/ egg	Cucumber in Yogurt	Sweetcorn Salad
	Mixed Salad	Japanese Salad		Tomato Salad	Lao Salad
MAIN DISH	Rice with Pork "moo deng"	Pad Thai Veggie	Chicken strips	Fish strips	Lao herbs sausages
SIDE 1: VEGGIES	Stir Fried Morning Glory (Pak Bong)	incl. + Tomato & Cucumber	Green beans	Tomato & Cucumber	Stewed Cabbage
SIDE 2: COMPLEX CARBS	incl. (rice)	incl. (rice noodles)	French Fries	Mash potatoes	Brown 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 tha		Ice cream	Fruit salad

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Week 12 - from Monday 29 March to Friday 2 April



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Veggie Samosas	Green beans & SUKI	Fresh Spring Rolls	Croquettes	Taboule
	Tomato Salad	Spinach Soup		Mixed Salad	Cabbage Salad
MAIN DISH	Chicken blanquette	Tuna fusilli	Veggie fried rice	Lasagna bolognese	Chicken kebabs
SIDE 1: VEGGIES	incl. + Garlic Green Beans	Stir Fried Zucchini & Mac Sou	incl. + Tomato & Cucumber	Green Salad	Baked tomatoes
SIDE 2: COMPLEX CARBS	Steam Rice	incl. (pasta)	incl. (rice)	incl. (pasta)	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	Apple fritters		Cream puffs (choux)	Fruit salad

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Week 13 - from Monday 5 April to Friday 9 April



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER OPTIONS	Miso Soup	Egg Mayo	Fried Spring Rolls	Potato Salad	Sweetcorn Salad
	Grated Carrots w/ egg	Mixed Salad		Japanese Salad	Lao Salad
MAIN DISH	Veggie Pad Mii	Chicken strips	Spaghetti Bolognese	Khao Kai Mok Chicken wings	Fish Paneang Curry
SIDE 1: VEGGIES	incl. + Tomato & Cucumber	Stewed Cabbage	Stir Fried Zucchini w/ Garlic	Stir Fried Cabbage & Broccoli	Green Salad
SIDE 2: COMPLEX CARBS	incl. (wheat noodles)	Mash potato	incl. (pasta)	Yellow 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	Fruit tart		Banana fritters	Fruit salad

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