

Love Life Canteen for Santisouk

Love LifeCo. Ltd.
Saphanthong Tai Village, Sisattanak District



Santisouk Canteen Menu - V.9 = 2022

DATE 1-Sep-22
Client Santisouk Montessori Pre-School
Details approx 55 students + 3 teachers

SPECIAL Diets & Vegan menu | See separate menu with replacements

Week 1	Monday	Tuesday	Wednesday	Thursday
Main course	Breaded chicken strips with steamed rice & dipping sauce	Falafel & Pita pockets	Chicken, spring onion & Chinese cabbage stir-fry with sticky rice	Herbs omelette with "green mash" (mashed potatoes w/ chopped spinach)
Side Veg	Steamed broccoli	Grated carrots & tatziki* sauce	Steamed purple sweet potato	Stir-fried green beans
Dessert**	Watermelon (slice)	Cantaloup (slice)	Papaya (cubes)	Fruit salad

Week 2	Monday	Tuesday	Wednesday	Thursday
Main course	Minced chicken patties with steamed rice & home-made tomato sauce	Fusilli in green pesto & olive oil grated cheese (on the side)	Fish cakes & home-made tomato sauce with sticky rice	Chicken, Potatoes & Veg Mild Curry with Steamed Rice
Side Veg	Steamed green beans with butter	Carrot sticks with home-made hummus	Stir fried white cabbage	Steamed cauliflower
Dessert**	Mango (cubes)	Cantaloup (slice)	Mac Lamut (Quarters)	Mini Love Life natural fruit lollies

Week 3	Monday	Tuesday	Wednesday	Thursday
Main course	Mixed bean chilli & steamed rice grated cheese (on the side)	Veggie Pizza (mushrooms, olives, sweet corn & mozzarella)	Marinated Roast Chicken with sticky rice	Baked potatoes with tuna fish & sweetcorn in home-made mayo
Side Veg	Corn on the cob	Long bean sticks (raw) with yogurt* dip	"Steamed fried" bok choy	Cucumber sticks
Dessert**	Cantaloup (slice)	Papaya (cubes)	Dragon fruit (slice)	Fruit salad

Week 4	Monday	Tuesday	Wednesday	Thursday
Main course	Pan fried chicken mince & mushrooms with steamed rice	Fusilli in tomato & herbs sauce grated cheese (on the side)	Baked "paprika" chicken drumettes with sticky rice	Chicken cottage pie
Side Veg	Boiled Vichy carrots (sliced)	Cucumber sticks (raw) with yogurt* dip	"Steam fried" courgette	incl. + Corn on the cob
Dessert**	Oranges (quarters)	Mango (cubes)	Pineapple (cubes)	Love Life natural frozen yoghurt **

** Love Life's yoghurt is home made weekly from pasteurized local milk
** Dessert: we will serve seasonal fruit, the schedule above is just to give an idea of the kind of fruit and serving styles.

Love Life food is always free of added flavours & MSG.

We will use minimal salt, but will add some herbs and spices (moderately of course, as this is a menu for children).
Everything we will serve will always be made from scratch in our kitchen (no ketchup, no industrial bread etc)