

LUNCH SERVICE MIGROS

I.I. DE LANCY

WEEK 03

**MONDAY 18 JANUARY 2010 TO
FRIDAY 22 JANUARY 2010**

MONDAY 18 JANUARY

GREEN FORK

Tossed Salad/Soybean Sprouts
Roasted Meatballs/CH
Gravy with Spices
Couscous
Choice of Fresh Vegetables
Tangerine Oranges

Tossed Salad/Soybean Sprouts
Sautéed Turkey Calabraise/Fr
Couscous
Choice of Fresh Vegetables
Tangerine Oranges

TUESDAY 19 JANUARY

GREEN FORK

Tossed Scarole Salad and Beets
Grilled Veal Sausage/CH
Gnocchis with Milk
Turnip Greens
Yoghurt with Fruit

Tossed Scarole Salad and Beets
Sautéed Pork, Green Pepper Corns/CH
Gnocchis with Milk
Turnip Greens
Yoghurt with Fruit

WEDNESDAY 20 JANUARY

GREEN FORK

Grated Carrot Salad
Turkey Escalope/France
Neapolitan Sauce
Rice Pilaw
Spinach
Vanilla Custard

Grated Carrot Salad
Mixed Grilled Kebabs, Clear Gravy/CH
Rice Pilaw
Spinach
Vanilla Custard

THURSDAY 21 JANUARY

GREEN FORK

Mixed Tossed Salad/Celery
Pan-Fried Filet of White Fish/NZ
Potatoes with Parsley
Squash with White Sauce
Banana

Mixed Tossed Salad/Celery
Sautéed Veal with Curry/CH
Potatoes with Parsley
Squash with White Sauce
Banana

FRIDAY 22 JANUARY

GREEN FORK

Creamed Fresh Vegetable Soup
Tagliatelle Pasta Savoyard Style,
Turkey Ham /CH
Broccoli with Butter
Vanilla "Perle de Lait" Yoghurt

Creamed Fresh Vegetable Soup
Valencian Paella/CH
Broccoli with Butter
Vanilla "Perle de Lait" Yoghurt

BON APPETIT