

LUNCH SERVICE
MIGROS

LI. DE LANCY

WEEK 06

MONDAY 08 FEBRUARY 2010 TO

FRIDAY 12 FEBRUARY 2010

MONDAY 08 FEBRUARY

GREEN FORK

Tossed Scarole Salad/Grated Carrots
Chicken Ground Steak/Brazil,Tarragon
Ebly Wheat with Tomatoes
Ratatouille
Pear Yoghurt

Tossed Scarole Salad/Grated Carrots
Tortellini with Ricotta, Neapolitan Sauce/CH
Ratatouille
Pear Yoghurt

TUESDAY 09 FEBRUARY

GREEN FORK

Tossed Curly Endive Salad/Croutons
Sautéed Veal Zurichoise/CH
Creole Rice
Squash with White Sauce
Chocolate Custard

Tossed Curly Endive Salad/Croutons
Roast Pork, Gravy with Prunes/CH
Creole Rice
Squash with White Sauce
Chocolate Custard

WEDNESDAY 10 FEBRUARY

GREEN FORK

Tossed Mixed Salad, 4 Kinds
Sautéed Lamb with Saffron/NZ
Couscous
Vichy Style Carrots
Petit Suisse with Fruit

Tossed Mixed Salad, 4 Kinds
Chicken "Coq au Vin"/CH
Couscous
Vichy Style Carrots
Petit Suisse with Fruit

THURSDAY 11 FEBRUARY

GREEN FORK

Garden Vegetable Soup
Filet of Hake with Tomatoes/Germany
Gnocchis with Rosemary
Romanesco Cauliflower
Pears

Garden Vegetable Soup
Sautéed Turkey Bordelaise/France
Gnocchis with Rosemary
Romanesco Cauliflower
Pears

FRIDAY 12 FEBRUARY

GREEN FORK

Radicchio Salad with Croutons
Spaghetti with Butter,
Tomato Sauce with Ground Beef/CH
Courgettes with Thyme
Fruit Compote

Radicchio Salad with Croutons
Sweet and Sour Sautéed Chicken/Brazil
Spaghetti with Butter
Courgettes with Thyme
Fruit Compote

BON APPETIT