

# LUNCH SERVICE

## MIGROS

## I.I. DE LANCY

### WEEK 15

### AFRICAN WEEK

MONDAY 12 APRIL 2010 TO  
FRIDAY 16 APRIL 2010

#### MONDAY 12 APRIL

##### *GREEN FORK*

Tunisian Tomato Salad  
Sautéed Chicken Colombo/Brazil  
Creole Rice  
Spinach  
Banana

Tunisian Tomato Salad  
Ham with Bone, Mustard Sauce/CH  
Potatoes au Gratin Dauphinois  
Spinach  
Banana

#### TUESDAY 13 APRIL

##### *GREEN FORK*

Grated Carrot Salad  
Pan-Fried Filet of Cod/China  
Yetisse Sauce  
Parsleyed Potatoes  
Broccoli  
Coconut Tart

Grated Carrot Salad  
Sautéed Veal Marengo Style/CH  
Parsleyed Potatoes  
Broccoli  
Coconut Tart

#### WEDNESDAY 14 APRIL

##### *GREEN FORK*

Tossed Salad Curly Lettuce/Croutons  
Stuffed Tomatoes/CH  
Bulghur  
Diced Mixed Vegetables  
Mocha Liégeois Dessert

Tossed Salad Curly Lettuce/Croutons  
Mixed Grill Kebabs/CH  
Bulghur  
Diced Mixed Vegetables  
Mocha Liégeois Dessert

#### THURSDAY 15 APRIL

##### *GREEN FORK*

Mixed Tossed Salad, 4 Kinds  
Yassa Style Turkey Slice/France  
Penne Pasta with Butter  
Green Beans  
Pineapple Yoghurt

Mixed Tossed Salad, 4 Kinds  
Pork Roast, Clear Gravy/CH  
Penne Pasta with Butter  
Green Beans  
Pineapple Yoghurt

#### FRIDAY 16 APRIL

##### *GREEN FORK*

Tossed Cabus Salad  
Roasted Meatballs/CH  
Ras el Hanout Gravy  
Couscous  
Oriental Vegetables  
Kiwi

Tossed Cabus Salad  
Sautéed Chicken with Cream/Brazil  
Couscous  
Oriental Vegetables  
Kiwi

## BON APPETIT