

LUNCH SERVICE
MIGROS

I.I. DE LANCY
WEEK 39

MONDAY 27 SEPTEMBER 2010 TO
FRIDAY 01 OCTOBER 2010

MONDAY 27 SEPTEMBER

GREEN FORK

Mixed Tossed Salad, 4 Kinds
Sautéed Chicken Calabraise/CH
Ebly Wheat with Vegetables
Vichy Style Carrots
Chocolate Custard

Mixed Tossed Salad, 4 Kinds
Grilled Slice of Pork/CH
Ebly Wheat with Vegetables
Vichy Style Carrots
Chocolate Custard

TUESDAY 28 SEPTEMBER

GREEN FORK

Cabus Tossed Salad and Diced Beets
Pan-Fried Filet of Cod/China
Polenta with Milk
Spinach with White Sauce
Cherry Bio Yoghurt

Cabus Tossed Salad and Diced Beets
Roasted Lamb Meatballs, Oriental Gravy/NZ
Polenta with Milk
Spinach with White Sauce
Cherry Bio Yoghurt

WEDNESDAY 29 SEPTEMBER

GREEN FORK

Tossed Salad/Croutons
Vol au Vent with Chicken Gravy/Brazil
Potatoes
Diced Mixed Vegetables
Fruit Cocktail

Tossed Salad/Croutons
Veal Blanquette with Tarragon/CH
Potatoes
Diced Mixed Vegetables
Fruit Cocktail

THURSDAY 30 SEPTEMBER

GREEN FORK

Tossed Curly Lettuce Salad/Chopped Eggs
Beef Lasagna Neapolitan/CH
Broccoli with Thyme
Petit Suisse with Fruit

Tossed Curly Lettuce Salad/Chopped Eggs
Roast Faux-Filet of Beef/CH
French Fries
Broccoli with Thyme
Petit Suisse with Fruit

FRIDAY 01 OCTOBER

GREEN FORK

Tossed Lolo Salad/Chinese Cabbage
Grilled Mixed Chipolatas/CH
Mashed Potatoes Mousseline
Courgettes
Apple

Tossed Lolo Salad/Chinese Cabbage
Paëlla Valencian/CH
Courgettes
Apple

BON APPETIT