

LUNCH-SERVICE MIGROS

MONDAY 4th - FRIDAY 8th JANUARY 2021



INSTITUT DE LANCY



Monday 4th January	Grated beetroot salad	
	Cheese tortellini, tomato sauce	Veal sausage (Swiss) WITHOUT PORK, mustard sauce
		Tender wheat
	Fresh sauteed vegetables GRTA	
	Fruit flavoured "petits suisses"	Apple "Gala"

EPIPHANY

Tuesday 5th January	Green lettuce salad GRTA	
	Beef meatballs, tomato sauce	Chicken thigh GRTA, rosemary gravy
		Basmati rice Carrots GRTA
	Brioche "Couronne briochée des rois"	Frangipane "galette"

Wednesday 6th January	Sugar loaf chicory salad GRTA	
	Ham on the bone (Swiss), maple syrup	Turkey escalope (France), onion gravy GRTA
		Potato mousseline with milk GRTA
		Sauteed spinach Clementine

Thursday 7th January	Grated carrot GRTA	Sweetcorn salad
	Veal "à la provençale"	Leg of lamb (New Zealand), tajine style sauce
		Bulgur pilaf (onion GRTA) Vegetable tagine
	Apple/strawberry compote	Banana

Friday 8th January	Mixed salad GRTA	
	Sea bream fillet with olive oil	Beef burger GRTA, onion gravy GRTA
		Steamed potatoes with parsley Fresh mixed vegetables GRTA
	Honey flavoured yoghurt GRTA	Chocolate flan

LUNCH-SERVICE MIGROS

MONDAY 11th - FRIDAY 15th JANUARY 2021



INSTITUT DE LANCY



Monday 11th January	Grated carrot salad
	Turkey stew (France) (carrots GRTA)
	Roast pork with prunes GRTA, mushroom sauce
	3 colour pasta shells
	Peas & celery GRTA
Raspberry dessert	Chocolate mousse

Tuesday 12th January	Batavia lettuce salad GRTA	Cherry tomatoes
	Oven baked chicken nuggets, mayonnaise	Tartiflette
	Pilaf rice	
	Green beans with parsley	
	Apple compote	Apple/pear compote

Wednesday 13th January	Sweetcorn salad	
	Mini chipolatas (Swiss), onion gravy GRTA	Merguez (without pork) (Swiss)
	Tender wheat	
	Leeks cooked in butter GRTA	
	Plain yoghurt GRTA	Khaki

Thursday 14th January	Vegetable soup GRTA	
	Chicken "piccata" (Swiss), napolitaine sauce	Sliced duck "à l'orange"
	Polenta with milk GRTA	
	Braised turnip GRTA	
	Pear	Pineapple fruit salad

Friday 15th January	Mixed salad GRTA	
	Beef bolognaise (Swiss)	Pike fish fillet, Normandy sauce
	Spaghetti	
	Sauteed fresh vegetables	
	Strawberry flavoured yoghurt GRTA	Pineapple flavoured Balko yoghurt

LUNCH-SERVICE MIGROS

MONDAY 18th - FRIDAY 22nd JANUARY 2021

INSTITUT DE LANCY



Monday 18th January	Tex mex salad							
	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Ricotta & spinach tortellini, tomato sauce</td> <td>Beef (Swiss) bourguignon WITHOUT PORK</td> </tr> <tr> <td></td> <td>Rice</td> </tr> <tr> <td></td> <td>Pureed pumpkin GRTA</td> </tr> <tr> <td>Apricot yoghurt GRTA</td> <td>Panna cotta with fruits of the forest</td> </tr> </table>	Ricotta & spinach tortellini, tomato sauce	Beef (Swiss) bourguignon WITHOUT PORK		Rice		Pureed pumpkin GRTA	Apricot yoghurt GRTA
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	Rice							
	Pureed pumpkin GRTA							
Apricot yoghurt GRTA	Panna cotta with fruits of the forest							

Tuesday 19th January	Sliced cucumber salad							
	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Roast chicken thigh GRTA, tagine sauce</td> <td>Vegetable lasagne</td> </tr> <tr> <td>Fusilli pasta</td> <td></td> </tr> <tr> <td></td> <td>Green beans with parsley</td> </tr> <tr> <td>Fruit salad</td> <td>Vanilla flan</td> </tr> </table>	Roast chicken thigh GRTA, tagine sauce	Vegetable lasagne	Fusilli pasta			Green beans with parsley	Fruit salad
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Fusilli pasta								
	Green beans with parsley							
Fruit salad	Vanilla flan							

Wednesday 20th January	Beetroot salad							
	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Sauteed lamb (New Zealand) "à la provençale"</td> <td>Roast pork with prunes GRTA, onion gravy GRTA</td> </tr> <tr> <td></td> <td>Polenta with milk GRTA</td> </tr> <tr> <td></td> <td>Braised parsnip GRTA</td> </tr> <tr> <td></td> <td>Apple/prune compote</td> </tr> </table>	Sauteed lamb (New Zealand) "à la provençale"	Roast pork with prunes GRTA, onion gravy GRTA		Polenta with milk GRTA		Braised parsnip GRTA	
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	Braised parsnip GRTA							
	Apple/prune compote							

Thursday 21st January	Soup for the season GRTA							
	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Veal burger GRTA, onion gravy GRTA</td> <td>Pizza (tomato/cheese)</td> </tr> <tr> <td>Risotto</td> <td></td> </tr> <tr> <td></td> <td>Fresh mixed vegetables GRTA</td> </tr> <tr> <td>Fruit flavoured "petits suisses"</td> <td>Clementine</td> </tr> </table>	Veal burger GRTA, onion gravy GRTA	Pizza (tomato/cheese)	Risotto			Fresh mixed vegetables GRTA	Fruit flavoured "petits suisses"
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Risotto								
	Fresh mixed vegetables GRTA							
Fruit flavoured "petits suisses"	Clementine							

Friday 22nd January	Green lettuce salad GRTA & cheese cubes							
	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Hake fish "à la provençale", slice of lemon</td> <td>Chicken meatballs (Swiss), napolitaine sauce</td> </tr> <tr> <td></td> <td>Farfalle pasta</td> </tr> <tr> <td></td> <td>Broccoli</td> </tr> <tr> <td>Apple "Pink Lady"</td> <td>Chocolate éclair</td> </tr> </table>	Hake fish "à la provençale", slice of lemon	Chicken meatballs (Swiss), napolitaine sauce		Farfalle pasta		Broccoli	Apple "Pink Lady"
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	Farfalle pasta							
	Broccoli							
Apple "Pink Lady"	Chocolate éclair							

LUNCH-SERVICE MIGROS

MONDAY 25th - FRIDAY 29th JANUARY 2021



INSTITUT DE LANCY



Monday 25th January	Fresh grated celery
	Chicken fillet GRTA, herb gravy Sautéed beef (Swiss) with carrots
	Sautéed gnocchi
	Glazed carrots GRTA
	Chocolate flavoured "petits suisses" Vanilla flan, caramel sauce

Tuesday 26th January	Bean sprout & grated carrot salad GRTA
	Vegetarian spring rolls, sweet & sour sauce Chicken yakitori skewer
	Cantonese rice (without pork)
	Sautéed oriental vegetables
	Lychee

Wednesday 27th January	Green lettuce salad GRTA
	Couscous (Merguez, lamb & chicken thigh)
	Couscous & stock
	Couscous vegetables (carrots GRTA) & chickpeas
	Fruit salad

Thursday 28th January	Grated yellow carrots GRTA Black radish salad
	Chili con carne (beef Swiss) Roast pork (Swiss) gravy
	Rice (Créole)
	Fresh mixed vegetables GRTA
	Vanilla flavoured yoghurt Balko Banana

Friday 29th January	Cream of pumpkin soup lactose free GRTA
	Cod with olive oil Veal shoulder (Swiss), rosemary gravy
	Oven roasted potato cubes
	Sautéed green beans
	Pineapple fruit salad Chocolate mousse