

LUNCH-SERVICE MIGROS

MONDAY 3rd MAY - FRIDAY 7th MAY 2021

INSTITUT DE LANCY



<p>Monday 3rd May</p>	<p>Sliced pink radish</p> <p>Beef (Swiss) lasagne</p> <p>Gala apple</p> <p>Sliced cucumber GRTA</p> <p>Turkey "piccata" (France), neopolitan sauce</p> <p>Sauteed gnocchi</p> <p>Broccoli</p> <p>Strawberry flavoured yoghurt</p>
<p>Tuesday 4th May</p>	<p>Batavia lettuce salad GRTA</p> <p>Oven baked fish nuggets, lemon slice</p> <p>Tender wheat</p> <p>Carrots</p> <p>Fresh fruit salad</p> <p>Leg of lamb (New Zealand), onion gravy</p>
<p>Wednesday 5th May</p>	<p>Fresh grated celery GRTA</p> <p>Sliced chicked (Swiss) curry sauce</p> <p>Apple/strawberry compote</p> <p>Pilaf rice</p> <p>Green beans</p> <p>Golden delicious apple</p> <p>Veal sausage (Swiss), mustard sauce</p>
<p>Thursday 6th May</p>	<p>Grated carrot and sweetcorn salad</p> <p>Beef burger GRTA, mustard sauce</p> <p>Chocolate chantilly dessert</p> <p>Farfalle pasta</p> <p>Ratatouille</p> <p>Banana</p> <p>Plain omelette, tomato sauce GRTA</p>
<p>Friday 7th May - Asia menu</p>	<p>Beansprouts and grated carrot salad</p> <p>Yakitori chicken skewer (Swiss)</p> <p>Lychee</p> <p>Cantonese rice (no pork)</p> <p>Sauteed oriental vegetables</p> <p>Coconut dessert</p> <p>Vegetarian spring rolls (Swiss) , sweet and sour sauce</p>

LUNCH-SERVICE MIGROS

MONDAY 10th MAY - FRIDAY 14th MAY 2021



INSTITUT DE LANCY



Monday 10th May	Grated carrot	
	Chicken burger (Swiss), rosemary sauce	Mini veal chipolatas (Swiss), onion gravy
	Penne pasta	
	Braised spinach	
	Honey flavoured yoghurt GRTA	Chocolate mousse

TEX MEX

Tuesday 11th May	Mixed salad (sweet corn, tomato GRTA, lettuce (tex mex))	
	Sliced lamb (New Zealand) curry sauce	Tex mex (grated carrot, fromage blanc, sliced chicken (Swiss) guacamole and tortilla wraps)
	Rice	
	Fennel "à l'orange"	
	Fresh cut mango	Banana

Wednesday 12th May	Oak leaf lettuce GRTA cheese cubes	
	Pizza (cheese and tomato)	Sauteed beef (Swiss) with peppers
	Potato gratin	
	Garden peas and celery GRTA	
	Vanilla flan with caramel topping	

Thursday 13th May	Ascension day	
-------------------	----------------------	--

Friday 14th May		
-----------------	--	--

LUNCH-SERVICE MIGROS

MONDAY 17th MAY - FRIDAY 21st MAY 2021



INSTITUT DE LANCY



<p>Monday 17th May</p>	<p>Lentil salad GRTA and diced vegetables</p> <p>Cod, Hollandaise sauce Turkey escalope (France), onion gravy</p> <p>Parmesan risotto</p> <p>Creamed leeks</p> <p>Plain flavoured "petits suisses" Millefeuille</p>
<p>Tuesday 18th May</p>	<p>Sliced cucumber GRTA Grated carrots</p> <p>Couscous (merguez (Swiss), chicken thigh (Swiss) Lamb stew (New Zealand)</p> <p>Coucous cooked in stock with sultanas</p> <p>Coucous vegetables and chickpeas</p> <p>Fresh cut fruit (pineapple, kiwi, mango)</p>
<p>Wednesday 19th May</p>	<p>Sweet corn salad Beetroot salad</p> <p>Veal burger (Swiss), rosemary sauce Schublig sausage (Swiss), mustard sauce</p> <p>Sauteed gnocchi</p> <p>Glazed carrots</p> <p>Fruit flavoured "petits suisses" Apricot flavoured yoghurt GRTA</p>
<p>Thursday 20th May</p>	<p>Tomato GRTA and mozzarella salad</p> <p>Spinach and ricotta tortellini, tomato sauce Sauteed veal (Swiss) mushroom sauce</p> <p>Steamed potatoes with parsley</p> <p>Sauteed courgette with thyme</p> <p>Chocolate mousse Fruits of the forest panna cotta</p>
<p>Friday 21st May</p>	<p>Tex mex salad</p> <p>Bread coated mini fish fillets, tartar sauce Sliced beef (Swiss) "provençale"</p> <p>Wild rice</p> <p>Swiss chard "à la provençale"</p> <p>Plain flavoured "petits suisses" Golden delicious apple</p>

LUNCH-SERVICE MIGROS

MONDAY 24th MAY - FRIDAY 28th MAY 2021



INSTITUT DE LANCY



<p>Monday 24th May</p>	<p style="text-align: center;">Whit Monday</p>
<p>Tuesday 25th May</p>	<p style="text-align: center;">Training Day</p>
<p>Wednesday 26th May</p>	<p style="text-align: center;">Tex mex salad</p> <p>Chicken meatballs (Swiss), tomato sauce GRTA Hamburger (lettuce GRTA, tomato, red onion, gouda, bread, beef burger)</p> <p style="text-align: center;">Oven baked potatoes</p> <p style="text-align: center;">Braised Swiss chard</p> <p>Pineapple cube salad Fruits of the forest panna cotta</p>
<p>Thursday 27th May</p>	<p style="text-align: center;">Mixed salad (sweetcorn, tomato GRTA, lettuce GRTA)</p> <p>Sauteed lamb (New Zealand) "à la provençale" Sauteed duck à "l'orange"</p> <p style="text-align: center;">Pilaf rice</p> <p style="text-align: center;">Sauteed green beans</p> <p>Vanilla flavoured yoghurt Strawberry flavoured yoghurt GRTA</p>
<p>Friday 28th May</p>	<p style="text-align: center;">Grated beetroot and carrot</p> <p>Hake fish, lemon sauce Pizza (cheese and tomato)</p> <p style="text-align: center;">Steamed potatoes with parsely</p> <p style="text-align: center;">Sauteed courgettes with thyme</p> <p style="text-align: center;">Ice cream</p>