

LUNCH-SERVICE MIGROS

MONDAY 5th - FRIDAY 9th APRIL 2021



INSTITUT DE LANCY



<p>Monday 5th April</p>	
<p>Tuesday 6th April</p>	<p>Oak leaf lettuce GRТА, cheese cubes</p> <p>Beef spaghetti bolognaise</p> <p>Broccoli</p> <p>"Balko" yoghurt apricot flavour</p>
<p>Wednesday 7th April</p>	<p>Red and white cabbage salad</p> <p>Sliced pork (Swiss) spring vegetables</p> <p>Pilaf rice (onion GRТА)</p> <p>Cauliflower</p> <p>Apple/apricot compote</p>
<p>Thursday 8th April</p>	<p>Grated carrot GRТА</p> <p>Sliced turkey (France) with taragon</p> <p>3 colour pasta shells</p> <p>Garden peas</p> <p>Plain flavoured "petits suisses"</p>
<p>Friday 9th April</p>	<p>Beetroot salad</p> <p>Fish cooked with olive oil</p> <p>Pureed potato with milk GRТА</p> <p>Tomatoes "à la provençale"</p> <p>Gala apple</p>

LUNCH-SERVICE MIGROS

MONDAY 12th FRIDAY 16th APRIL 2021



INSTITUT DE LANCY



<p>Monday 12th April</p>	<p>Mixed salad (sweetcorn, tomato, lettuce GRTA)</p> <p>Beef shepherd's pie (milk GRTA)</p> <p>Glazed carrots GRTA</p> <p>Millefeuille</p>
<p>Tuesday 13th April</p>	<p>Lentil salad GRTA and vegetable brunoise</p> <p>Cod fillet, slice of lemon</p> <p>Risotto with parmesan cheese Swiss chard "à la provençale"</p> <p>Fruit salad</p>
<p>Wednesday 14th April</p>	<p>Cherry tomatoes GRTA</p> <p>Oven baked chicken spring rolls, sweet and sour sauce</p> <p>Cantonese rice (without pork)</p> <p>Broccoli</p> <p>Pineapple fruit salad</p>
<p>Thursday 15th April</p>	<p>Sliced pink radish</p> <p>Sliced chicken (Swiss) spring vegetables</p> <p>Fusili pasta Fresh mixed vegetables GRTA</p> <p>Chocolate mousse</p>
<p>Friday 16th April</p>	<p>Tex mex salad</p> <p>Veal sausage (Swiss) WITHOUT PORK, onion gravy GRTA</p> <p>Tender wheat Broccoli and cauliflower florets</p> <p>Strawberry yoghurt GRTA</p>

LUNCH-SERVICE MIGROS

MONDAY 19th - FRIDAY 23rd APRIL 2021



INSTITUT DE LANCY



<p>Monday 19th April</p>	<p>Grated carrot and beetroot</p> <p>Beef meatballs (Swiss), tomato sauce Sautéed duck "à l'orange"</p> <p>Oven baked rösti</p> <p>Butter beans</p> <p>"Balko" yoghurt raspberry flavour Gala apple</p>
<p>Tuesday 20th April</p>	<p>Fresh grated celery GRTA</p> <p>Sliced turkey (France) spring vegetables Slice of roast pork (Swiss) mushroom sauce</p> <p>Sautéed gnocchi</p> <p>Pureed broccoli</p> <p>Banana Apricot flavoured yoghurt GRTA</p>
<p>Wednesday 21st April</p>	<p>Endive salad</p> <p>Chicken piccata (France), tomato sauce Mushroom & green asparagus stuffed vol-au-vent</p> <p>Rice (Creole)</p> <p>Sautéed fresh vegetables GRTA</p> <p>Apple/pear compote Chocolate mousse</p>
<p>Thursday 22nd April</p>	<p>Beetroot salad</p> <p>Ricotta & spinach tortellini ricotta épinards, neapolitan sauce Cuisse de poulet GRTA FACON TAJINE</p> <p>Couscous with sultanas</p> <p>Couscous vegetables</p> <p>Kiwi Chocolate yoghurt with chantilly cream (or moka)</p>
<p>Friday 23rd April</p>	<p>Batavia lettuce GRTA</p> <p>Fish "à la provençale" Veal burger (Swiss), onion gravy GRTA</p> <p>Wild rice</p> <p>Spinach</p> <p>Ice-cream</p>

LUNCH-SERVICE MIGROS

MONDAY 26th - FRIDAY 30th APRIL 2021



INSTITUT DE LANCY



<p align="center">Monday 26th April</p>	<p align="center">Tomato and mozzarella salad</p> <p>Oven baked chicken cordon bleu (Swiss) , neapolitan Veal sausage (Swiss), onion gravy</p> <p align="center">Penne pasta</p> <p align="center">Glazed carrots GRTA</p> <p>Plain flavoured "petits suisses" Floating island</p>
<p align="center">Tuesday 27th April</p>	<p align="center">Mixed lettuce salad GRTA and sweetcorn</p> <p>Gratin de pâtes et dés de dinde (France) au lait GRTA Sautéed veal (Swiss) mushroom sauce</p> <p align="center">Rice (Creole)</p> <p align="center">Sautéed green beans</p> <p>Gala apple Plain yoghurt GRTA</p>
<p align="center">Wednesday 28th April</p>	<p align="center">Sliced cucumber</p> <p>Beef lasagne (Swiss) Paëlla (rice and seafood) (+chicken drumstick)</p> <p align="center">Sautéed celery GRTA</p> <p align="center">Pineapple fruit salad</p>
<p align="center">Thursday 29th April</p>	<p align="center">Sweetcorn salad</p> <p>Sautéed beef (Swiss) with carrots (carrots GRTA) Chicken burger (Swiss), thyme gravy</p> <p align="center">Pilaf rice</p> <p align="center">Swiss chard "à la provençale"</p> <p>Chocolate éclair Assortment of eclairs (pistachio ,speculos)</p>
<p align="center">Friday 30th April</p>	<p align="center">Oak leaf lettuce GRTA and croutons</p> <p>Oven baked fish nuggets, lemon slice Ham on the bone (Swiss), maple syrup sauce</p> <p align="center">Pureed potato GRTA</p> <p align="center">Ratatouille</p> <p align="center">Fruit salad</p>