

LUNCH-SERVICE MIGROS

MONDAY 31st MAY - FRIDAY 4th JUNE 2021

INSTITUT DE LANCY



<p>Monday 31st May</p>	<p style="text-align: center;">Cherry tomatoes GRTA & mozzarella</p> <p>Roast chicken thigh GRTA, mushroom sauce Beef meatballs (Swiss), tomato sauce GRTA</p> <p style="text-align: center;">Creole rice Carrots</p> <p>Apple/raspberry compote Chocolate mousse</p>
<p>Tuesday 1st June</p>	<p style="text-align: center;">Mixed lettuce salad GRTA</p> <p>Sauteed veal (Swiss) "à la provençale" Chicken burger (Swiss), onion gravy</p> <p style="text-align: center;">Spaghetti Broccoli</p> <p>Melon Organic vanilla yoghurt</p>
<p>Wednesday 2nd June</p>	<p>Beetroot salad Batavia lettuce salad GRTA</p> <p>Leg of lamb (New Zealand), rosemary gravy Turkey stew (France) "à l'orange"</p> <p style="text-align: center;">Oven baked rösti Green beans with parsley</p> <p>Banana Strawberry flavoured yoghurt GRTA</p>
<p>Thursday 3rd June</p>	<p style="text-align: center;">Grated carrot and sweetcorn</p> <p>Tricolor tortellini with cheese, pesto/tomato sauce (tomato GRTA) Roast pork with prunes GRTA, onion gravy</p> <p style="text-align: center;">3 colour pasta shells Braised turnip</p> <p>Fruit flavoured "petits suisses" Mango</p>
<p>Friday 4th June</p>	<p>Greek salad Mixed salad (sweetcorn, tomato, lettuce)</p> <p>Fish "à la provençale", slice of lemon Cheese quiche</p> <p style="text-align: center;">Steamed potatoes with parsley (parsley GRTA) Braised spinach Fruit salad</p>

LUNCH-SERVICE MIGROS

MONDAY 7th JUNE - FRIDAY 11th JUNE 2021

INSTITUT DE LANCY



<p>Monday 7th June</p>	<p>Sliced radish</p> <p>Salmon filet, Normandy sauce</p> <p>Pureed potato with milk GRTA</p> <p>Chocolate "petits suisses"</p> <p>Sliced cucumber GRTA</p> <p>Mini veal chipolatas (Swiss), onion gravy</p> <p>Garden peas</p> <p>Fruits of the forest panna cotta</p>
<p>Tuesday 8th June</p>	<p>Sliced cucumber GRTA</p> <p>Tofu "Piccata", tomato sauce</p> <p>Tender wheat</p> <p>Braised spinach</p> <p>Melon</p> <p>Turkey filet (France), rosemary and herb gravy</p>
<p>Wednesday 9th June</p>	<p>Carrots</p> <p>Chicken Cordon bleu (Swiss), tomato sauce GRTA</p> <p>Fusilli pasta</p> <p>Mix of fresh vegetables GRTA</p> <p>Homemade chocolate eclair</p> <p>Fresh grated celery</p> <p>Veal burger (Swiss), mustard sauce</p>
<p>Thursday 10th June</p>	<p>Oakleaf lettuce GRTA, cubes of cheese</p> <p>Sauteed beef (Swiss) with peppers</p> <p>Bulgur</p> <p>Apples "Gala"</p> <p>Swiss chard "à la provençale"</p> <p>Vanilla flan, caramel topping</p> <p>Chicken kebab ("lolo" lettuce, grated carrot, tomato GRTA, chili sauce, bread,)</p>
<p>Friday 11th June Oriental</p>	<p>Tomato & basil soup GRTA and croutons</p> <p>Sliced lamb (New Zealand) green curry sauce</p> <p>Couscous in stock</p> <p>Couscous vegetables and chickpeas</p> <p>Pineapple cube salad</p> <p>Oakleaf lettuce GRTA</p> <p>Chicken leg (Swiss), tajine style sauce</p>

LUNCH-SERVICE MIGROS

MONDAY 14th JUNE - FRIDAY 18th JUNE 2021

INSTITUT DE LANCY



<p>Monday 14th June</p>	<p>Sweetcorn and grated carrot salad</p> <p>Margherita pizza</p> <p>Chocolate mousse</p> <p>Mixed lettuce salad</p> <p>Sliced beef (Swiss) mushroom sauce</p> <p>Sauteed spätzli</p> <p>Sauteed courgette with thyme</p> <p>Water melon</p>
<p>Tuesday 15th June</p>	<p>Bean sprout and grated carrot salad</p> <p>Sweet and sour shrimps</p> <p>Kiwi</p> <p>Chicken spring rolls (Swiss), sweet and sour soy sauce</p> <p>Basmati rice</p> <p>Sauteed oriental vegetables</p> <p>Coconut dessert</p>
<p>Wednesday 16th June</p>	<p>Tomato salad GRTA with basil</p> <p>Shoulder of veal (Swiss), herb and rosemary gravy</p> <p>Melon</p> <p>Penne pasta, Neapolitan sauce GRTA</p> <p>Penne pasta</p> <p>Garden pea puree</p> <p>Raspberry dessert</p>
<p>Thursday 17th June</p>	<p>Batavia lettuce GRTA</p> <p>Beef shepherd's pie (milk GRTA)</p> <p>Potato gratin</p> <p>Carrots</p> <p>Surprise dessert</p> <p>Pike filet, lemon sauce</p>
<p>Friday 18th June</p>	<p>Grated carrots</p> <p>Lamb (New Zealand) curry</p> <p>Banana</p> <p>Chicken skewer (Swiss), rosemary gravy</p> <p>Wild rice</p> <p>Vegetable tajine</p> <p>Organic plain yoghurt</p>

LUNCH-SERVICE MIGROS

MONDAY 21st JUNE - FRIDAY 25th JUNE 2021



INSTITUT DE LANCY



<p>Monday 21st June</p>	<p style="text-align: center;">Tex mex salad</p> <p>Beef burger GRTA, barbecue sauce Hamburger (lettuce GRTA, tomato GRTA, red onion, gouda, bread, ketchup, barbecue sauce, beef GRTA)</p> <p style="text-align: center;">Oven baked potatoes</p> <p style="text-align: center;">Broccoli</p> <p style="text-align: center;">Water melon</p>
<p>Tuesday 22nd June</p>	<p style="text-align: center;">Taboulleh</p> <p>Saithe, olive oil Plain omelette, tomato sauce GRTA</p> <p style="text-align: center;">Tender wheat</p> <p style="text-align: center;">Sauteed fresh vegetables GRTA</p> <p>Strawberry yoghurt Balko Melon</p>
<p>Wednesday 23rd June</p>	<p style="text-align: center;">Sliced cucumber GRTA</p> <p>Chicken leg (Swiss), tajine style sauce Veal sausage NO PORK (Swiss), mustard sauce</p> <p style="text-align: center;">Sauteed gnocchi</p> <p style="text-align: center;">Braised spinach</p> <p>Banana Vanilla yoghurt Balko</p>
<p>Thursday 24th June</p>	<p style="text-align: center;">Lettuce GRTA and grated celery</p> <p>Tricolor cheese tortellini, pesto sauce Tex mex ("lolo" lettuce GRTA, grated carrots, tomato GRTA, sweetcorn, fromage blanc, guacamole, grated gruyère cheese, wraps, minced beef)</p> <p style="text-align: center;">Glazed carrots</p> <p style="text-align: center;">Sorbet</p>
<p>Friday 25th June</p>	<p style="background-color: #e0f0e0; height: 100px;"></p>