LUNCH-SERVICE MIGROS

MONDAY 4th - FRIDAY 8th OCTOBER 2021







| | Beetroot salad | |
|--------------------|--|--|
| Monday 4th October | Beef shepherd's pie (milk GRTA) Fish, olive oil sauce | |
| | Quinoa Sauteed courgette with thyme Red and white grapes | |

| | Cherry tomatoes GRTA & mozzarella | |
|---------------------|---|---|
| Tuesday 5th October | Sauteed chicken (Swiss) "à la provençale2 | Veal sausage WITHOUT PORK (Swiss), onion gravy GRTA |
| | Spaghetti Ratatouille GRTA | |
| | Strawberry compote | Pear |

| | Cheese sticks OR Batavia lettuceGRTA | |
|-----------------------|--|---------------------------------------|
| Wednesday 6th October | Slice of roast pork (Swiss)i, mushroom sauce | Sliced lamb (New Zealand) curry sauce |
| | Boulgour | |
| | Ratatouille GRTA | |
| | Plums | Floating island |

| | Tex mex salad | |
|----------------------|---|---------------------------------------|
| Thursday 7th October | Ricotta and spinach canneloni, tomato sauce GRTA | Chicken thigh (Swiss), rosemary gravy |
| | Pilaf rice (onic Braised t | |
| | Vanilla yoghurt BIO | Banana |

| | Mixed lettuce salad GRTA sweetcorn | |
|--------------------|------------------------------------|---|
| Friday 8th October | Fish nuggets, tartar sauce | Chicken kebab (lettuce, grated carrot GRTA, tomato, kebab braed, 2 sauces, chicken (Swiss)) |
| | Bo | ulangere potatoes Broccoli |
| | Chocolate "petits suisses" | Plain "petits suisses" |

LUNCH-SERVICE MIGROS

MONDAY 11th - FRIDAY 15th OCTOBER 2021







| | Grated carrot salad | | |
|----------------------|--|------------------------------------|--|
| Monday 11th October | Chicken thigh GRTA, mustard sauce | Beef burger (Swiss), mustard sauce | |
| | Potato puree w | ith milk GRTA | |
| | Leeks cooked in butter GRTA | | |
| | Pineapple Balko yoghurt | Kaki | |
| | 1 | | |
| | Green lettuce, beansprouts & fresh mint GRTA | | |
| | Vegetarian spring rolls, sweet & sour sauce | Sweet & sour shrimps | |
| Tuesday 12th October | Cantonese rice | (without pork) | |

| Romanesco cabbage | |
|-------------------|---------------------------|
| Kiwi | Plain yoghurt GRTA |
| | Tomato salad GRTA |

| Wednesday 13th October | Sauteed veal (Swiss) "à la provençale" | Schublig sausage (Swiss), onion gravy GRTA |
|------------------------|--|---|
| | Tender wheat | |
| | Glaised carrots GRTA | |
| | Gala apples Honey yoghurt GRTA | |

| | Salade de rampon et croûtons | |
|-----------------------|---|---------------------------------|
| Thursday 14th October | Turkey pasta bake (France) with milk GRTA | Dos de colin, sauce hollandaise |
| | <i>Pilaf rice (or</i> Tomatoes GRTA | |
| | Fruit "petits suisses" | Apple/strawberry compote |

| | Mixed lettuce GRTA grated celery | |
|---------------------|--|-------------------------------|
| Friday 15th October | Couscous (merguez, chicken wings, coucous and vegetables) | Lamb stew |
| | Coucous and Couscous ve | |
| | Fresh fruit salad | Mango & passion fruit dessert |

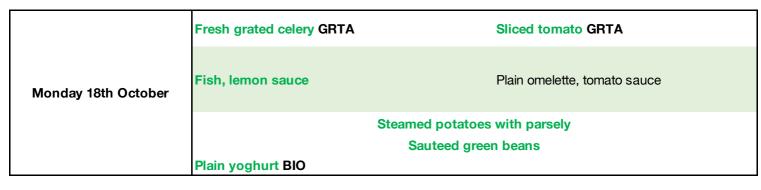
LUNCH-SERVICE MIGROS

MONDAY 18th - FRIDAY 22nd OCTOBER 2021

INSTITUT DE LANCY







| | Batavia lettuce | salad GRTA |
|--------|---|-------------------------|
| turkey | Sliced lamb (New Zealand) green curry sauce | Chili con carne (Swiss) |
| | Pilaf rice (oni Vichy carro | - |
| | Carmel flan | Apple tart |

| | Cabbage and grated carrot salad GRTA | |
|------------------------|---|---|
| Wednesday 20th October | Chicken thigh (Swiss), neapolitaine sauce | Beef Shepherd's pie (milk GRTA) |
| | Penne Fennel "à | |
| | apricot yoghurt | rorange |

| | Grated carrot GRTA beetroot salad | |
|-----------------------|---|----------------------------------|
| Thursday 21st October | Veal burger (Swiss), onion gravy GRTA | Tartiflette (cubed turkey) |
| | Tender wheat Swiss chard "à la provençale" | |
| | Banana | Fruits of the forest panna cotta |

| | Oak leaf lettuce GRTA and cheese salad | |
|---------------------|--|---|
| Friday 22nd October | Spaghetti, carbonara (with turkey) | Neapolitaine GRTA/ Pesto sauce/ grated cheese AOP & parmesan |
| | Fresh mixed vegetables GRTA | |
| | Chocolate eclair | Mandarine |