

LUNCH-SERVICE MIGROS

MONDAY 4th - FRIDAY 8th OCTOBER 2021

INSTITUT DE LANCY



<p>Monday 4th October</p>	<p><b>Beetroot salad</b></p> <p><b>Beef shepherd's pie (milk GRTA )</b> Fish, olive oil sauce</p> <p>Quinoa</p> <p><b>Sauteed courgette with thyme</b></p> <p><b>Red and white grapes</b></p>
<p>Tuesday 5th October</p>	<p><b>Cherry tomatoes GRTA &amp; mozzarella</b></p> <p><b>Sauteed chicken (Swiss) "à la provençale2</b> Veal sausage WITHOUT PORK (Swiss), onion gravy <b>GRTA</b></p> <p><b>Spaghetti</b></p> <p><b>Ratatouille GRTA</b></p> <p><b>Strawberry compote</b> Pear</p>
<p>Wednesday 6th October</p>	<p><b>Cheese sticks OR Batavia lettuceGRTA</b></p> <p><b>Slice of roast pork (Swiss)i, mushroom sauce</b> Sliced lamb (New Zealand) curry sauce</p> <p><b>Boulgour</b></p> <p>Ratatouille <b>GRTA</b></p> <p><b>Plums</b> Floating island</p>
<p>Thursday 7th October</p>	<p><b>Tex mex salad</b></p> <p><b>Ricotta and spinach canneloni, tomato sauce GRTA</b> Chicken thigh (Swiss), rosemary gravy</p> <p>Pilaf rice (onion <b>GRTA</b>)</p> <p><b>Braised turnip</b></p> <p><b>Vanilla yoghurt BIO</b> Banana</p>
<p>Friday 8th October</p>	<p><b>Mixed lettuce salad GRTA sweetcorn</b></p> <p><b>Fish nuggets, tartar sauce</b> Chicken kebab (lettuce, grated carrot GRTA, tomato, kebab braed, 2 sauces, chicken (Swiss))</p> <p><b>Boulangere potatoes</b></p> <p><b>Broccoli</b></p> <p><b>Chocolate "petits suisses"</b> Plain "petits suisses"</p>

LUNCH-SERVICE MIGROS

MONDAY 11th - FRIDAY 15th OCTOBER 2021

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<p>Monday 11th October</p>	<p>Grated carrot salad</p> <p>Chicken thigh GRTA, mustard sauce      Beef burger (Swiss), mustard sauce</p> <p>Potato puree with milk GRTA Leeks cooked in butter GRTA</p> <p>Pineapple Balko yoghurt      Kaki</p>
<p>Tuesday 12th October</p>	<p>Green lettuce, beansprouts &amp; fresh mint GRTA</p> <p>Vegetarian spring rolls, sweet &amp; sour sauce      Sweet &amp; sour shrimps</p> <p>Cantonese rice (without pork) Romanesco cabbage</p> <p>Kiwi      Plain yoghurt GRTA</p>
<p>Wednesday 13th October</p>	<p>Tomato salad GRTA</p> <p>Sauteed veal (Swiss) "à la provençale"      Schublig sausage (Swiss), onion gravy GRTA</p> <p>Tender wheat</p> <p>Glaised carrots GRTA</p> <p>Gala apples      Honey yoghurt GRTA</p>
<p>Thursday 14th October</p>	<p>Salade de rampon et croûtons</p> <p>Turkey pasta bake (France) with milk GRTA      Dos de colin, sauce hollandaise</p> <p>Pilaf rice (onion GRTA) Tomatoes GRTA "à la provençale"</p> <p>Fruit "petits suisses"      Apple/strawberry compote</p>
<p>Friday 15th October</p>	<p>Mixed lettuce GRTA grated celery</p> <p>Couscous (merguez, chicken wings, couscous and vegetables)      Lamb stew</p> <p>Coucous and sultanas Couscous vegetables</p> <p>Fresh fruit salad      Mango &amp; passion fruit dessert</p>

LUNCH-SERVICE MIGROS

MONDAY 18th - FRIDAY 22nd OCTOBER 2021



INSTITUT DE LANCY



<p>Monday 18th October</p>	<p>Fresh grated celery GRTA</p> <p>Sliced tomato GRTA</p> <p>Fish, lemon sauce</p> <p>Plain omelette, tomato sauce</p> <p>Steamed potatoes with parsley</p> <p>Sauteed green beans</p> <p>Plain yoghurt BIO</p>
<p>turkey</p>	<p>Batavia lettuce salad GRTA</p> <p>Sliced lamb (New Zealand) green curry sauce</p> <p>Chili con carne (Swiss)</p> <p>Pilaf rice (onion GRTA)</p> <p>Vichy carrots GRTA</p> <p>Carmel flan</p> <p>Apple tart</p>
<p>Wednesday 20th October</p>	<p>Cabbage and grated carrot salad GRTA</p> <p>Chicken thigh (Swiss), neapolitaine sauce</p> <p>Beef Shepherd's pie (milk GRTA )</p> <p>Penne pasta</p> <p>Fennel "à l'orange"</p> <p>apricot yoghurt</p>
<p>Thursday 21st October</p>	<p>Grated carrot GRTA beetroot salad</p> <p>Veal burger (Swiss), onion gravy GRTA</p> <p>Tartiflette (cubed turkey )</p> <p>Tender wheat</p> <p>Swiss chard "à la provençale"</p> <p>Banana</p> <p>Fruits of the forest panna cotta</p>
<p>Friday 22nd October</p>	<p>Oak leaf lettuce GRTA and cheese salad</p> <p>Spaghetti, carbonara (with turkey)</p> <p>Neapolitaine GRTA/ Pesto sauce/ grated cheese AOP &amp; parmesan</p> <p>Fresh mixed vegetables GRTA</p> <p>Chocolate éclair</p> <p>Mandarine</p>