

LUNCH-SERVICE MIGROS

MONDAY 2nd - FRIDAY 6th MAY 2022

INSTITUT DE LANCY



<p>Monday 2nd May</p>	<p>Oak leaf salad GRTA & croutons</p> <p>Chickpea falafel, neapolitaine sauce (tomato GRTA) Roast porc (Swiss) mushroom sauce</p> <p>Farfalle pasta Vichy carrots</p> <p>Peach yoghurt "Gala" apple</p>
<p>Tuesday 3rd May</p>	<p>Sliced cucumber salad GRTA</p> <p>Chicken thigh (Swiss), rosemary gravy Saithe fish, curry sauce</p> <p>Potato gratin Braised chard</p> <p>Banana Fruit flavoured "petits suisses"</p>
<p>Wednesday 4th May</p>	<p>Taboulé</p> <p>Veal sausage WITHOUT PORK (Swiss) onion gravy Sauteed quorn with paprika</p> <p>Pasta bake</p> <p>Mixed fresh vegetables GRTA</p> <p>Vanilla flan, caramel topping Fresh fruit salad</p>
<p>Thursday 5th May</p>	<p>Grated carrots</p> <p>Perch, sauce hollandaise Turkey cutlet (France), citrus sauce</p> <p>Basmati rice Sauteed spinach</p> <p>Apple/pear compote Cheese sticks</p>
<p>Friday 6th May</p>	<p>Salad buffet (sliced lettuce, grated carrot, tomato GRTA, maïs)</p> <p>TEX MEX (fromage blanc, guacamole, Gruyère cheese grated, sweetcorn, wraps, minced beef (Swiss))</p> <p>Bulgur Garden peas Ice-cream</p>

LUNCH-SERVICE MIGROS

MONDAY 9th - FRIDAY 13th MAY 2022

INSTITUT DE LANCY



<p>Monday 9th May</p>	<p>Tomato salad GRTA & mozzarella cheese</p> <p>Sauteed lamb (New Zealand) Madras curry Pizza (tomato, cheese)</p> <p>Couscous</p> <p>Vegetable tajine</p> <p>Fresh cut kiwi Mango & passion fruit yoghurt</p>
<p>Tuesday 10th May</p>	<p>Fresh grated celery GRTA</p> <p>Braeded fish fillets, tartar sauce Roast chicken thigh GRTA, onion gravy</p> <p>New potatoes Leeks cooked in butter</p> <p>Plain "petits suisses" Fruits of the forest panna cotta</p>
<p>Wednesday 11th May</p>	<p>Rocket salad & parmesan flakes</p> <p>Chili con carne (Swiss) Cod, olive oil suace</p> <p>Rice (créole) Broccoli</p> <p>Strawberry compote Banana</p>
<p>Thursday 12th May</p>	<p>Sliced pink radish and sweetcorn</p> <p>Quorn bolognaise sauce Turkey carbonara (France), neapolitaine sauce GRTA</p> <p>Spaghetti Courgette sauteed with thyme</p> <p>Chocolate mousse Fresh fruit salad</p>
<p>Friday 13th May</p>	<p>Beetroot salad</p> <p>Chicken fillet GRTA, paprika sauce Schublig sausage (Swiss), Dijon mustard</p> <p>Oven baked rösti Sauteed green beans Assortment of eclairs</p>

LUNCH-SERVICE MIGROS

MONDAY 16th - FRIDAY 20th MAY 2022

INSTITUT DE LANCY



<p>Monday 16th May</p>	<p>White & red cabbage salad</p> <p>Sauteed duck "à l'orange" Lamb chops (New Zealand), thyme gravy</p> <p>Sauteed spätzli Braised celeriac</p> <p>Apple compote Strawberry yoghurt GRTA</p>
<p>Tuesday 17th May</p>	<p>Batavia lettuce GRTA and grated carrot</p> <p>Oven baked fish "à l'italienne" Ham on the bone (Swiss), maple syrup sauce</p> <p>Pilaf rice Spinach gratin with milk GRTA</p> <p>Yogourt GRTA abricot Flan caramel</p>
<p>Wednesday 18th May</p>	<p>Sweetcorn salad</p> <p>Veal stew (Swiss) "à la pomme" Chicken cordon bleu, tomato sauce</p> <p>Risotto with parmesan (Grana Padano)</p> <p>Raspberry dessert "Golden Delicious" apple</p>
<p>Thursday 19th May</p>	<p>Mixed lettuce salad GRTA</p> <p>Leg of lamb (New Zealand), thyme gravy Turkey cutlet (France), mustard sauce</p> <p>Sweet potato puree with milk GRTA Chard "à la provençale" Fresh cut mango</p>
<p>Friday 20th May</p>	<p>Lentil salad Batavia lettuce salad GRTA</p> <p>Salmon fillet, tarragon sauce Cheese quiche</p> <p>Fusili Grilled tomato GRTA Ice-cream</p>

LUNCH-SERVICE MIGROS

MONDAY 23rd - FRIDAY 27th MAY 2022



INSTITUT DE LANCY



<p>Monday 23rd May</p>	<p>Batavia lettuce and sweetcorn salad</p> <p>Oven baked vegetarian spring rolls, sweet & sour sauce Sliced chicken (Swiss) sweet & sour sauce</p> <p>Cantonese rice (without pork)</p> <p>Fennel "à l'orange"</p> <p>Lychee Mango panna cotta</p>
<p>Tuesday 24th May</p>	<p>Cherry tomatoes GRТА & mozzarella cheese</p> <p>Sliced turkey (France) "à la dijonnaise" Beef shepherd's pie (with milk GRТА)</p> <p>Penne pasta</p> <p>Vichy carrots</p> <p>Fruit flavoured "petits suisses" Vanilla yoghurt</p>
<p>Wednesday 25th May</p>	<p>Tex mex salad</p> <p>Oven baked fish nuggets, slice of lemon Sauteed lamb (New Zealand) "à la provençale"</p> <p>Bulgur pilaf</p> <p>Mixed fresh vegetables</p> <p>Fresh fruit salad</p>
<p>Thursday 26th May</p>	<p>Ascension Day</p>
<p>Friday 27th May</p>	

LUNCH-SERVICE MIGROS

DU Monday 30 AU Friday 03 JUIN 2022



INSTITUT DE LANCY



<p>Monday 30th May</p>	<p style="text-align: center;">Grated carrot and beetroot salad</p> <p>Beef burger GRTA, mustard sauce Mini chipolatas (Swiss), onion gravy</p> <p style="text-align: center;">Potato mousseline with milk GRTA</p> <p style="text-align: center;">Mange-tout</p> <p>Plain yoghurt GRTA "Balko" raspberry yoghurt</p>
<p>Tuesday 31st May</p>	<p style="text-align: center;">Cheese sticks (Gruyère & Tilsiter)</p> <p>3 colour cheese tortellini pasta, tomato sauce Chicken tikka masala</p> <p style="text-align: center;">Basmati rice Ratatouille</p> <p>Apple Chocolate yoghurt with chantilly cream</p>
<p>Wednesday 1st June</p>	<p style="text-align: center;">Endive & sweetcorn</p> <p>Curried sliced quorn Oven baked fish "à la provençale"</p> <p style="text-align: center;">Crispy oven-fried potatoes</p> <p style="text-align: center;">Broccoli</p> <p>Chocolate flavoured "petits suisses" Fruit flavoured "petits suisses"</p>
<p>Thursday 2nd June</p>	<p style="text-align: center;">Lettuce, grated carrot, tomato GRTA</p> <p>Sliced pork (Swiss) "à l'ancienne" Chicken kebab (Swiss) (kebab bread, kebab sauce)</p> <p style="text-align: center;">Penne pasta, neapolitaine sauce</p> <p style="text-align: center;">Braised turnip</p> <p style="text-align: center;">Fresh fruit salad</p>
<p>Friday 3rd June</p>	<p style="text-align: center;">Grated yellow carrots</p> <p>Turkey "piccata" (France), neapolitaine sauce (tomato GRTA) Quorn stew "à la zurichoise"</p> <p style="text-align: center;">Tender wheat Pureed broccoli</p> <p>Apple/raspberry compote Peach</p>