



Institut
International
Lancy

3rd - 7th October 2022



Menu 1

Menu 2

Monday	Batavia salad Sliced Turkey (France), juice Pumpkin Water melon	Spirettes Wheat heart Chopped spinach Cottage cheese	Beetroot salade GRTA Vegetables pakoras, tomato sauce Yoghurt GRTA
Tuesday	Fruit juice Spur Sliced quorn Iceberg salad Multigrain hake fillets (MSC) Brussels sprouts Organic banana	Wheat heart Chopped spinach Cottage cheese	Mixed salad Novae selection GRTA Lamb meatballs (France) Fruit salad
Wednesday	Carrot and celery salad GRTA Minced beef steak (Swiss) Steamed potatoes Broccoli flower Homemade pear clafoutis	Organic rice	Escarol salad GRTA Ratatouille with chickpeas Tam Tam chocolate flan
Thursday	Cabbage salad GRTA Whole wheat penne Soya bolognese (Tomato sauce, vegetables and soya) Fruit Swiss séré	Steamed potatoes Broccoli flower	Mixed salad Novae selection Filet of plaice with provençale sauce Fruit compote
Friday	Cabbage salad GRTA Whole wheat penne Soya bolognese (Tomato sauce, vegetables and soya) Fruit Swiss séré	Steamed potatoes Broccoli flower	Corn salad Carbonara sauce Féchy apples

2 types of bread organic and /or GRTA are offered
each week

These menus, validated by our nutrition specialists,
meet Fouchette Verte Junior criteria.

Enjoy your meal !



GRTA, Genève Région - Terre Avenir certifies
products from the Geneva region for sustainable
development.

novae
Partisans du goût



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10th - 14th October 2022



	Menu 1	Menu 2
Monday	Carrot salad Parmentier with seitan Organic kiwi	Novae GRTA selection salad Poultry sausage (Swiss) Fried potatoes Baked aubergine Fruit yoghurt
Tuesday	Vegetables cream Chicken thighs (France) Bulgur semolina Green beans Fruit Swiss yoghurt	Chinese cabbage salad GRTA Vegetable risotto Organic banana
Wednesday	Tomato salad Pork sausage (Swiss), mustard sauce Fresh spatzli Leek fondue Fruit salad	Salade cabus Hake back, butter sauce Fruit compote
Thursday	Green salad GRTA Pizza Margherita Plain yoghurt	Greek salad Chicken escalope (France) Spaghetti Ratatouille Pear
Friday	Escarol salad Argentine shrimp in coconut milk Organic basmati rice Home-made brownie	GRTA Beetroot salad Gnocchi à la romaine Carrots Fruit yoghurt

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17th - 21st October 2022



Menu 1

Menu 2

Monday	Novae selection salad Sliced pork (Swiss) with mushrooms Sweet potato purée Chard Fruit compote	GRTA Red cabbage salad Cheese tortellini, tomato sauce Plain quark
Tuesday	Raw vegetables Tofu piccata Cereal mix Peas Vanilla flan	Salade cabus Veal pojarski (Swiss) Féchy apples
Wednesday	Cucumber salad Mountain macaroni gratin (Swiss turkey) Broccoli Grapes	GRTA Novae selection salad Vegetable spring rolls Rice noodles Cottage cheese and coulis
Thursday	GRTA iceberg salad Hake with lemon sauce Rice pilaf Squash Home-made apple pie	GRTA lentil salad Chicken nuggets (France) Organic banana
Friday	Mixed salad Spelt burger, bun's, tomato Roasted potatoes Pear	Carrot salad Sautéed beef (Swiss) Corn on the cob Fruit yoghurt

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31st October - 4th November 2022

Menu 1



Menu 2

Monday		
Tuesday		
Wednesday		
Thursday	<p>Novae selection mixed salad Veal sausage (Swiss)</p> <p>Sautéed potatoes Cauliflower gratin</p> <p>Valais apple compote</p>	<p>Chinese salad Scottish salmon with sorrel</p> <p>Fruit yoghurt</p>
Friday	<p>Squash soup Vegetarian lasagne</p> <p>Ice cream</p>	<p>Carrot salad Beef lasagne (Swiss)</p> <p>Pear</p>

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