



Institut  
International  
Lancy

13 - 17 March 2023

Menu 1



Menu 2

Monday	<p>Lentil salad</p> <p>Gyosa with vegetables, sweet and sour sauce</p> <p>Vegetable Julienne</p> <p>Cottage cheese with exotic coulis</p>	<p>GRTA Novae selection salad</p> <p>Chicken cutlet marinated in turmeric</p> <p>Rösti cake</p> <p>Chocolate mousse</p>
Tuesday	<p>Grated carrots</p> <p>Beef meatballs with paprika</p> <p>Risotto</p> <p>Snow peas</p> <p>Valais aproicot ice cream</p>	<p>GRTA Green salad</p> <p>Back of hake meunière, lemon butter</p> <p>Fruit salad</p>
Wednesday	<p>GRTA Cabbage salad</p> <p>Poultry cordon bleu</p> <p>Linguine</p> <p>Roasted courgettes</p> <p>Raspberry yoghurt</p>	<p>Mixed vegetables</p> <p>Cannelloni ricotta and spinach</p> <p>Grated cheese</p> <p>Organic Fairtrade banana</p>
Thursday	<p>Potage de courge GRTA et GRTA squash and chestnut soup</p> <p>Scottish salmon fillet with dill sauce</p> <p>Polenta</p> <p>Broccoli</p> <p>Fechy apples</p>	<p>Cucumber salad</p> <p>Veal chipolatas with mustard</p> <p>Strawberry yoghurt</p>
Friday	<p>GRTA beetroot salad</p> <p>Vegetables Parmentier</p> <p>GRTA Yoghurt</p>	<p>GRTA green salad with corn</p> <p>Sliced beef Strogonoff</p> <p>Penne</p> <p>Vegetable garden</p> <p>Fruit compote</p>

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



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

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

Enjoy your meal !

**novae**  
Partisans du goût



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20 - 24 March 2023

Menu 1



Menu 2

Monday	<p>GRTA Iceberg salad</p> <p>Basque chicken</p> <p>Bazmati rice</p> <p>Steamed carrots</p> <p>Orange in cubes</p>	<p>Vegetable dips (Carrot, cucumber), Calypso sauce</p> <p>Argentina shrimps, Vietnamese style</p> <p>Portion of cheese</p>
Tuesday	<p>Coleslaw salad</p> <p>Cromesqui of lentils and quinoa, yoghurt sauce</p> <p>"Home made" Carrot cake</p>	<p>GRTA green salad</p> <p>Sauté of pork</p> <p>Coquillettes</p> <p>Duo of beans</p> <p>GRTA Plain yoghurt</p>
Wednesday	<p>GRTA red cabbage salad</p> <p>White poultry sausage</p> <p>Dsauteéd apples</p> <p>Fruit Swiss cheese</p>	<p>Radishes</p> <p>Vegetable samosa</p> <p>Sweet and sour sauce</p> <p>Green cabbage</p> <p>Vanilla flan</p>
Thursday	<p>Grated carrot</p> <p>Courgette, carrot and cheese quiche</p> <p>Organic Fairtrade banana</p>	<p>Fruit juice (orange and apple)</p> <p>Pan-fried veal Pojarski with onions</p> <p>Boulogne</p> <p>GRTA squash</p> <p>Red fruit quark</p>
Friday	<p>GRTA Novae selection green salad</p> <p>Salmon lasagne with spinach</p> <p>Chocolate muffin</p>	<p>Crudités</p> <p>Cheese omelette</p> <p>Steamed potatoes with parsley</p> <p>Spinach in béchamel sauce</p> <p>Clementines</p>

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27 - 31 March 2023

Menu 1



Menu 2

Monday	<p>GRTA Novae selection mixed salad</p> <p>Spaghetti with parmesan cream and carrot brunoise</p> <p>Grated cheese</p> <p>Romanesco cabbage</p> <p>Chocolate cream</p>	<p>Endive salad</p> <p>Spaghetti with beef bolognese</p> <p>Strawberry apple compote</p>
Tuesday	<p>GRTA Green salad and celery</p> <p>Pork stew with curry</p> <p>Rice pilaf</p> <p>Steamed leeks</p> <p>Aprocot yoghurt</p>	<p>Iceberg salad</p> <p>Turkey escalop with lemon cream</p> <p>Pear</p>
Wednesday	<p>Vegetable soup</p> <p>Chicken nuggets, ketchup sauce</p> <p>French fries</p> <p>Courgettes à l'anglaise</p> <p>Orange cubes</p>	<p>GRTA Novae selection salad</p> <p>Seasonal tofu burger, pepper coulis</p> <p>Drinking yoghurt</p>
Thursday	<p>GRTA apple juice</p> <p>Tacos with quorn and vegetables, tomato sauce</p> <p>Lemon pie</p>	<p>Cucumber salad</p> <p>Oven baked Alpine Tartiflette</p> <p>Boulgour</p> <p>Clementines</p>
Friday	<p>GRTA Novae selection green salad</p> <p>Minced beef steak</p> <p>Roasted potatoes</p> <p>Grilled vegetables</p> <p>Apple compote</p>	<p>Grated carrot</p> <p>Halibut steak, herbs coulis</p> <p>Cottage cheese with strawberry coulis</p>

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