



Weekly menu 6 to 10 October 2025



Monday

Cucumber dips / Tomato and basil bruschetta / Green salad

Chicken strips with multigrain rice
or Spinach and feta spanakopita
Semolina / Cauliflower / Spiced aubergines



Orange / Yoghurt / Brookie

Tuesday

Mexican salad / Aubergine caviar / Lebanese tabbouleh

Veal sausage, rich gravy
or Crispy vegetable trio
Sweet potato wedges / Sliced leeks / Roasted parsnips



Apple compote / Basque cake / Gruyère cheese

Wednesday

Mixed salad / Cauliflower tabbouleh / Bean salad

Vegetable empanadas, creamy yoghurt
or Homemade turkey croque monsieur
Red lentils / Roasted tomatoes / Carrot purée



Chocolate waffle / Banana / Yoghurt drink

Thursday

Cherry tomatoes / Rice salad / Romaine lettuce and croutons

Chicken kebab, white sauce
Or Vegetarian kebab with plant-based
Potato croquettes / Grilled vegetables / Brussels sprouts



Fresh fruit salad / Cherry clafoutis / Tomme cheese

Friday

Grated carrots / Vegetable wrap / Grilled vegetables

Tex-Mex marinated chicken wings
or Lemon trout fillet
Bulgur wheat and quinoa duo / Romanesco broccoli / Julienne vegetables



Yoghurt / Lemon and raspberry dessert / Dessert of the day



Ces menus sont validés par notre responsable nutrition. Bon appétit !



Weekly menu 13 to 17 October 2025



Monday

Celery with vinaigrette / Hummus falafel / Mixed salad

Chicken nuggets
or Vegetarian nuggets
Potato wedges / Green beans / Sautéed celery
Fresh fruit salad / Red fruit cheesecake / Yoghurt



Tuesday

Beetroot with chives / Greek salad / Green salad

Lamb meatballs in tomato sauce
or Vegetarian Tibetan ravioli
Semolina with tomato / Carrot duo / Mixed root vegetables
Brownie / Pear compote / Babybel



Wednesday

Iceberg lettuce salad / Greek salad / Mixed vegetable salad

Vegetable kefta
or Pork in sweet and sour sauce
Rice / Vegetable stir-fry / Carrot purée
Pineapple cubes / Coconut biscuits / Yoghurt



Thursday

Half-moon cucumber / Rice salad / Mixed salad

Beef burger
or Seitan patty, potatoes and Emmental cheese
Pasta / Peas / Salsify

Raspberry yoghurt / Sugar pancakes



Friday

Corn salad / Tomato and mozzarella / Daily starter

Tofu piccata
or Hake fillet with multigrain
Polenta galette / Courgette / Red cabbage
Diced mango / Chocolate mousse / Dessert of the day



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