

Weekly Menu

From 14 to 18 September

	Starter	Meal	Dessert
Monday	 Coleslaw Green Salad	 Rosti Stuffed with Fresh Cheese Veal breast confit Bulgur Green beans Artichokes à la barigoule	 Apple Compote Tarte Tropézienne Fruit Yogurt
Tuesday	 Cherry tomato Artichokes with Vinaigrette Mixed Salad	 Beef Chili con Carne Tarte Tatin with Caramelized Fusilli pasta Piperade Eggplant Caponata	 Cottage cheese with fruit sauce Tomme Black Forest
Wednesday	 Beet Salad Pasta Salad Iceberg lettuce	 Three-Color Tortellini with Basil and Forest-Style Turkey Roll Barley Green peas Butternut Squash Puree	 Strawberries Panna cotta Yogurt
Thursday	 Cucumber Salad Barley Salad Romaine Lettuce Salad	 Milanese-Style Pork Osso Bucco Round zucchini stuffed with mixed Semolina,Cauliflower, Salsify	 Nectarine Pear with Speculoos Chocolate Tam Tam
Friday	 Mixed Salad Beet hummus with pita bread Zucchini Salad with Tarragon	 Pan-seared salmon fillet with hollandaise Spelt Risotto with Mushrooms and Rice, Broccoli, Swiss chard ribs au gratin	 Raspberry Yogurt Dessert of the Day Banana

These menus are approved by
our Nutrition Manager



Institut
International
Lancy

Enjoy your meal !