

LUNCH-SERVICE MIGROS

MONDAY 1st MARCH - FRIDAY 5th MARCH 2021

INSTITUT DE LANCY



<p>Monday 1st March</p>	<p>Batavia lettuce salad</p> <p>Beef lasagne (Swiss) Sauteed lamb curry</p> <p>Couscous</p> <p>Green beans with parsley</p> <p>Plain yoghurt GRTA Pineapple fruit salad</p>
<p>Tuesday 2nd March</p>	<p>Sweetcorn salad</p> <p>Chicken piccata (France) tomato sauce Cheese tortellini, pesto sauce</p> <p>Tender wheat (onion GRTA)</p> <p>Braised parsnip</p> <p>Apple "Gala" Chocolate flavoured "petits suisses"</p>
<p>Wednesday 3th March</p>	<p>Tex mex salad</p> <p>Turkey fillet GRTA herb gravy Tartiflette</p> <p>Oven baked potatoes</p> <p>Vichy-style carrots GRTA</p> <p>Apple/apricot compote Chocolate eclair</p>
<p>Thursday 4th March</p>	<p>Cream of carrot soup GRTA</p> <p>Chicken wings (Suisse) paprika, barbecue sauce Veal sausage NO PORK, onion gravy GRTA</p> <p>3 colour pasta shells</p> <p>Peas and celery GRTA</p> <p>Mandarin Moka flavoured yogourt BIO</p>
<p>Friday 5th March</p>	<p>Tabbouleh salad Grated carrots GRTA</p> <p>Coley fish, lemon sauce Sauteed beef with carrots</p> <p>Steamed potatoes with parsley</p> <p>Sauteed spinach</p> <p>Fruit flavoured "petits suisses" Banana</p>

LUNCH-SERVICE MIGROS

MONDAY 8th MARCH - FRIDAY 12th MARCH 2021

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<p>Monday 8th March</p>	<p>Mixed salad GRTA</p> <p>Ham on the bone (Swiss), mustard sauce Chicken leg GRTA, mustard sauce</p> <p>Potato gratin</p> <p>Fresh mixed vegetables GRTA</p> <p>Raspberry flavoured yoghurt "Balko" Kiwi</p>
<p>Tuesday 9th March</p>	<p>Green lettuce salad GRTA Sliced pink radish</p> <p>Turkey pasta bake (France) with milk GRTA Sauteed lamb (New Zealand) curry sauce</p> <p>Couscous and sultanans</p> <p>Vegetable tajine</p> <p>Vanilla flan, caramel topping Apple/banana compote</p>
<p>Wednesday 10th March</p>	<p>Tex mex salad</p> <p>Veal burger, mushroom sauce Sauteed beef (Swiss) with peppers</p> <p>Sauteed gnocchi</p> <p>Carrots GRTA</p> <p>Fruit salad Strawberry flavoured yoghurt GRTA</p>
<p>Thursday 11th March</p>	<p>Chicory salad Sweetcorn salad</p> <p>Spaghetti bolognaise (beef) Lamb casserole (N. Zél.)</p> <p>Spaghetti</p> <p>Broccoli</p> <p>Apricot dessert Apple/pear compote</p>
<p>Friday 12th March</p>	<p>Batavia lettuce salad GRTA</p> <p>Bread coated mini fish fillets , tartar sauce Sliced turkey "à la dijonnaise"</p> <p>Wild rice</p> <p>Romanesco cabbage</p> <p>Apple tart</p>

LUNCH-SERVICE MIGROS

MONDAY 15th MARCH - FRIDAY 19th MARCH 2021

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Monday 15th March	Sliced pink radish	Sliced cucumber salad
	Beef burger GRTA, pepper sauce	Chicken thigh, onion gravy GRTA
	Oven baked potatoes	Garden peas
	Vanilla flavoured dessert	Pear
Tuesday 16th March	Fresh grated celery GRTA	Batavia lettuce salad GRTA
	Mini veal chipolatas, herb gravy	Fish "à la provençale", slice of lemon
	Tender wheat pilaf (onion GRTA)	Sauteed spinach
	Fresh fruit salad (pineapple, kiwi, mango)	
Wednesday 17th March	Grated carrots GRTA	Beetroot salad
	Sliced roast pork (Swiss) , rosemary gravy	Sliced turkey (France) "à la calabraise"
	Oven baked rösti	Celery puree
	Chocolate flan	Banana
Thursday 18th March	Mixed salad (sweetcorn, tomato, green lettuce GRTA)	
	Sauteed lamb in curry sauce	Chicken kebab(Swiss chicken, grated carrot GRTA, lettuce, tomato, kebab sauce, kebab bread
	Rice	Vichy-style carrots GRTA
		Sorbet
Friday 19th March SAINT JOSEPH	Oak leaf lettuce salad GRTA	
	Fish nuggets, slice of lemon	Plain omelette, Neapolitan sauce
	3 colour pasta shells	Fresh mixed vegetables GRTA
		Mandarin

LUNCH-SERVICE MIGROS

MONDAY 22nd MARCH - FRIDAY 26th MARCH 2021

INSTITUT DE LANCY



<p>Monday 22nd March</p>	<p style="text-align: center;">Grated carrot salad GRTA</p> <p>Chicken curry Pizza (cheese & tomato)</p> <p style="text-align: center;">Tender wheat pilaf</p> <p style="text-align: center;">Broccoli</p> <p>Kiwi Plain flavoured "petits suisses"</p>
BOWL OF RICE	
<p>Tuesday 23rd March</p>	<p style="text-align: center;">Lentil salad GRTA</p> <p>Hungarian goulash (beef Swiss) Roast pork with prunes GRTA, gravy</p> <p style="text-align: center;">RICE</p> <p style="text-align: center;">Fresh mixed vegetables GRTA</p> <p style="text-align: center;">Apple "Gala"</p>
<p>Wednesday 24th March</p>	<p style="text-align: center;">Green lettuce salad GRTA</p> <p>Beef meatballs (Swiss), tomato sauce Sliced duck "à l'orange"</p> <p style="text-align: center;">Potato mousseline with milk GRTA</p> <p style="text-align: center;">Buttered leeks GRTA</p> <p style="text-align: center;">Raspberry dessert</p>
<p>Thursday 25th March</p>	<p>Mixed lettuce salad GRTA Cherry tomatoes</p> <p>Couscous (merguez and chicken wings) Spicy lamb stew</p> <p style="text-align: center;">Couscous cooked in stock</p> <p style="text-align: center;">Vegetable tajine</p> <p>Coconut flavoured yoghurt Pineapple fruit salad</p>
<p>Friday 26th March</p>	<p>Potato salad Sliced cucumber salad</p> <p>Salmon fillet, lemon sauce Cheese quiche</p> <p style="text-align: center;">Pilaf rice (onion GRTA)</p> <p style="text-align: center;">Ratatouille</p> <p style="text-align: center;">Chocolate éclair</p>

LUNCH-SERVICE MIGROS

MONDAY 29th MARCH - FRIDAY 2nd APRIL 2021

INSTITUT DE LANCY



<p>Monday 29th March</p>	<p style="text-align: center;">Beetroot salad</p> <p>Chicken cordon bleu (Swiss), tomato sauce Schublig sausage, mustard sauce</p> <p style="text-align: center;">Penne pasta</p> <p style="text-align: center;">Sauteed fresh vegetables GRTA</p> <p>Pear Raspberry flavoured yoghurt "Balko"</p>
<p>Tuesday 30th March</p>	<p style="text-align: center;">Cherry tomatoes and mozzarella cheese balls</p> <p>Roast chicken leg GRTA, mushroom sauce Mini veal chipolatas, mushroom sauce</p> <p style="text-align: center;">Oven baked rösti</p> <p style="text-align: center;">Broccoli</p> <p>Mandarin Apple</p>
<p>Wednesday 31st March</p>	<p style="text-align: center;">Mixed lettuce salad GRTA</p> <p>Sliced lamb (New Zealand) green curry sauce Sweet and sour prawns</p> <p style="text-align: center;">Basmati rice</p> <p style="text-align: center;">Cauliflower</p> <p style="text-align: center;">Fruit flavoured petits suisses</p>
<p>Thursday 1st April</p>	<p style="text-align: center;">Enjoy the break</p>
<p>Friday 2nd April</p>	<p style="text-align: center;">Happy Easter</p>