



# Weekly menu 31 October to 1 November 2024



Monday

Tuesday

Wednesday

Thursday

Friday

GRTA pumpkin soup / Mixed salad / Corn salad



Neapolitan penne with grated cheese  
or Veal Chipolatas  
Penne / Swiss chard / Tomato

Halloween donut / Banana



GRTA green salad / Cabbage salad / Cucumber

Chicken and lamb couscous  
or Vegetable Couscous  
Semolina / Organic vegetables / Spinach



Orange salad / Fruit yoghurt / Chocolate pudding



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# Weekly menu 4 to 8 November 2024



Monday

Salad selection Novae GRTA / Potato salad / Carrot salad

Beef bourguignon stew  
Or Sliced fried pork, sweet and sour sauce

Mashed potatoes / Green beans / Beetroot with balsamic vinegar

Kiwi cubes / Cookie



Tuesday

Vegetable soup / Green salad / Corn salad

Cappelletti with tomato and mozzarella, tomato cream sauce, cheese  
or Beef cannelloni au gratin

Peas / Parsnips

Fruit and speculo compote / Plain yoghurt / Clementine



Wednesday

Thai salad / Iceberg salad / Tabbouleh

Minced veal steak with cream sauce  
or Vegetable steak with herb coulis

Pasta / Brussels sprouts / Roasted fennel

Cheese stick / Fruit quark / Vanilla cream



Thursday

Red cabbage salad / Green salad / Pasta salad

Chicken breast with mushrooms  
or Lentil Dahl with coconut milk

Wholemeal rice / Carrots / Sliced leek

Raspberry fritters / Caramel yoghurt



Friday

GRTA MENU

Celery remoulade / Mixed salad / Beetroot salad

Croque-monsieur with GRTA cheeses  
or Croque-monsieur with turkey

GRTA broccoli with chives / Yellow carrots

GRTA honey yoghurt / Pineapple salad / Strawberry apple compote



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# Weekly menu 11 to 15 November 2024



Monday

Maize grains / Green salad / Cabbage salad

Chickpea fallafel with cucumber raita  
or Beef meatballs with tomato sauce  
Roast rösti / Parsley butter beans / Vichy-style carrots



Gala GRTA apple / Fromage blanc and red fruit coulis / Chocolate mousse

Tuesday

GRTA Batavia salad / Coleslaw salad / Rice salad

Veal chipolata with onions  
or Mini vegetarian sausage  
Polenta au gratin / Turnips with parsley / Peas



Chocolate cream / Madeleine

Wednesday

Green salad with green beans / Carrot salad duo / Mixed salad

Sliced beef with shallots  
or Chapuis braised ham on the bone  
Roast potatoes / Spinach / Endive meunière



Vanilla Tam-Tam / Roasted pear with chocolate sauce / Séré

Thursday

Cauliflower cream / Mixed salad / Half a hard-boiled egg with mayonnaise

Pearl barley risotto with turmeric and grana padano  
or Pearl barley risotto with duck confit  
Organic GRTA roast squash / Chard ribs



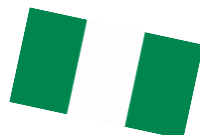
Mango cubes / Gourmet island / Blueberry yoghurt

## AFRICAN MENU

Ethiopian-style GRTA beetroot salad / Green salad / Tomato salad with coriander



Senegalese-style chicken yassa  
or Navarin of vegetables with seitan bourguignon style  
Nigerian-style jollof rice / Ivorian-style aubergine



Milk tart (South Africa) / Organic banana



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# Weekly menu 18 to 22 November 2024



Monday

GRTA green salad / Rice salad / Cucumber salad

Chicken nuggets with cocktail sauce  
or Vegetable pokoras  
Pasta / Broccoli / Yellow carrots



Vanilla yoghurt / Chocolate muffin

Tuesday

Coleslaw salad / Pasta salad / Red bean salad

Vegetable and okara chilli  
or Veal chilli with Tex-Mex spices  
Rice / Mixed vegetables / Creamed cauliflower



Pineapple cubes / Gruyère cheese sticks / Apricot yoghurt

Wednesday

Cauliflower dips with calypso sauce / Mixed salad / Celery salad

Poultry sausage with tarragon  
or Vegetable empanadas with yoghurt cream sauce  
Schupfnudeln / Red cabbage / Romano beans



Organic Fairtrade banana / Lemon mousse / Tam Tam flan

Thursday

Cream of carrot soup / Green salad / Split pea salad

Beef lasagne with baby vegetables  
or Roast pork sausage with mustard  
Wheat heart / Peas / Baked squash



Apple compote / Chocolate cream / Fromage blanc and red fruit coulis

Friday

Waldorf salad / Green salad / Tomato salad

Mini vegetable spring rolls with lightly spiced tomato sauce  
or Turkey Viennoise with lightly spiced tomato sauce  
Cereal mix / Vegetable fricassee / Artichokes en barigoule



Carrot cake / Vanilla yoghurt



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# Weekly menu 25 to 29 November 2024



Monday

GRTA Cream of vegetable soup / Green salad / Carrot salad

Rösti with cream cheese  
or Sliced beef with carrots and onions  
Rösti cake / Green beans / Beetroot



Pear cubes / Tam Tam caramel / Apple and banana compote

Tuesday

Green salad Novae GRTA selection / Mixed vegetables / Corn salad with croutons

Turkey carbonara  
Or Bolognese of quorn and baby vegetables  
Wholemeal pasta / Spiced GRTA squash / Spinach



Plain yoghurt / Chocolate brownie

Wednesday

Celery salad / Green salad / Lentil salad

Minced beef steak, spicy gravy  
Or Sweet potato and squash tortilla  
Fried apples / Crunchy peas / Turnips with tomato sauce



Mini tomme / Organic banana / Caramel cream

Thursday

GRTA beetroot salad / Green salad / Pasta salad

Vegetarian bite with tartar sauce  
or Chicken thigh with honey and soy sauce  
Basmati rice / Cauliflower with tomato gratin / Carrots



Orange salad / Fruit quark / Vanilla yoghurt

Friday

Grated carrot salad / Mixed salad / Potato salad

Lamb meatballs with spices  
Roast pork with ras el-hanout sauce  
Couscous semolina / Oriental vegetables / Romanesco cheese



Tropezian tart / Gala apple



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