



Weekly menu 6 to 10 January 2025



Monday

GRTA batavia salad / tomato salad / corn salad and croutons

Chicken cordon bleu, tomato coulis
Or Vegetarian nuggets

Puffed wheat heart / organic carrots / butternut purée

Crown of kings / pear



Tuesday

Remoulade celery salad GRTA / mixed salad / pasta salad

Vegetable meatballs with calypso quark
Or Beef meatballs with tomato and herbs
Basmati rice / romanesco / beetroot

Tomme with cream / diced kiwi / vanilla cream



Wednesday

Beetroot / green salad / chicory and cheese salad

Cheese and herb omelette
Or Blanquette of turkey with mild curry and coconut
Pasta / squash / spinach

Banana / Tam tam / vanilla cream



Thursday

GRTA carrot salad / green salad / chickpea salad

GRTA vegetable and planted burritos
Or Tex-Mex spiced chicken burritos
GRTA lentils / roasted corn / green beans

GRTA strawberry yoghurt / marbled madeleine



Friday

Cream of cauliflower soup / green salad / rice salad

Beef stew à la Stroganov
Or roast pork sausage with shallots
Roast potatoes / Romano beans with GRTA herbs / turnips with tomato

Orange salad / vanilla yoghurt / strawberry compote



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



Weekly menu 13 to 17 January 2025



Monday

Corn salad / GRTA green salad / red bean salad

Cheese tortellini with grana padano cream
Or Roast pork with mustard
Pasta / GRTA squash / Brussels sprouts



Pineapple cubes / compote / custard and meringue

Tuesday

GRTA coleslaw salad / green salad / pasta salad

Hake stick with cereals and GRTA light tartar sauce
Or Vegetable Pakoras
Cut potatoes / broccoli / yellow carrots



Tropézienne / clementine

Wednesday

Carrot salad / green salad / tomato salad

Minced veal steak, shallot sauce
or Chicken nuggets with calypso sauce
Mixed cereals / roasted vegetables / leeks au gratin



Chocolate mousse / mocca yoghurt / kiwi fruit

Thursday

GRTA vegetable soup with spices / green salad / potato salad

Chicken kebab with white sauce
Or Vegetable and planted kebab
Rice / tomato, cucumber and onion salad / mashed celery



Vanilla roasted GRTA apples / Tam Tam / fruit yoghurt

Friday

GRTA iceberg salad / coleslaw / half hard-boiled egg in mayonnaise

Tofu fritters, curry cream sauce
Or Beef parmentier au gratin
Risotto with baby vegetables / peas / Vichy carrots



Plain yoghurt / apple tart



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Weekly menu 20 to 24 January 2025



Monday

Cream of carrot / green salad / beetroot
Veal chipolatas with onions
Or Cordon bleu with cheese
Wholemeal rice / green beans / GRTA squash
Organic Fairtrade banana / chocolate cake



Tuesday

GRTA mixed salad / split pea salad / tomato and cucumber salad
Fallafels, yoghurt and chickpea sauce
Or Multigrain chicken aiguillette with spice sauce
Quinoa / mixed vegetables / cauliflower
Vanilla Tam Tam / caramel yoghurt / roasted pear and speculos



Wednesday

Iceberg salad / carrot salad / tabbouleh
Beef stew with olives
Or Vegetable frittata with tomato coulis
Mashed potatoes / romanescos / beetroot with herbs
Raspberry yoghurt / apple compote / mango



Thursday

GRTA red and white cabbage salad / corn salad / green salad
Vegetable and seitan couscous
Or Tajine with lamb meatballs
Semolina / artichokes in barigoule sauce / Oriental vegetables
Chocolate brownie / orange salad



Friday

Cauliflower dips with chive yoghurt sauce / mixed salad / coleslaw salad
Cottage pasta gratin with smoked turkey
Or Pork stew
Pasta / organic yellow carrots / crunchy peas
Clementine / fromage frais and red fruit coulis / chocolate mousse



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