



Weekly menu 3 to 7 February 2025



Monday

Grated carrot salad / Green salad / Beetroot

Raclette-style buckwheat pancake
or Beef stew with paprika
Fried potatoes, broccoli, butternut purée



Pancake with chocolate sauce / Pear

Tuesday

Thai salad with rice noodles / Green salad / Coral lentil salad

Tex-Mex chicken wings
or Pork piccata with sage
Pasta, Romano beans, Artichoke barigoule



Orange salad / Fromage blanc and red fruit coulis

Wednesday

GRTA Chinese cabbage salad / Mixed salad / Half hard-boiled egg with mayonnaise

Lamb pita bread with preserved lemon Salad, tomato, cucumber, onion
Or Vegetable pakoras with yoghurt and garlic sauce
Boulgour, Peas



Carrot cake, mocha yogurt

Thursday

Cream of pumpkin soup / Iceberg salad / Mixed vegetables

Beef chilli con carne with baby vegetables, corn and kidney beans
Or Vegetable meatballs in tomato sauce
Wholemeal rice, spinach, yellow carrots



Gruyère stick / Gala apple / Vanilla cream

Friday

Batavia salad / Endive and cheese salad / Tomato salad

Pizza Margherita
or Navarin of lamb with tarragon
Polenta, vegetables and butter beans



Apple compote / Caramel Tam Tam / Fruit yoghurt



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



Weekly menu 10 to 14 February 2025



Monday

Waldorf salad / Green salad / Cucumber salad

Chicken nuggets with calypso sauce
or Sliced vegetables and seitan
Potato roësti, crispy peas, cauliflower with herbs



Plain yoghurt / Chocolate cream / Pineapple salad

Tuesday

Carrot soup / Corn salad / Green salad

Pearl barley risotto with turmeric and Philadelphia
Or Pearl barley risotto with duck confit
Romanesco, leeks in cream sauce



Gala apple / Flan tart

Wednesday

Beetroot salad / Green salad / Rice salad

Back of saithe à la Bordelaise
or Cheese and mushroom omelette
Parsley potatoes, roast squash, chopped chard



Fruit quark / Custard and meringue / Grapefruit salad

Thursday

Novae GRTA salad / Red cabbage salad / Potato salad

Cheese cordon bleu with mild curry cream sauce
Or Blanquette de veau belle maman
Tomato rice, spinach, Vichy carrots



Coconut Rocher / Kiwi Salad

Friday

Coleslaw salad / Red bean salad / Green salad

Beef lasagne al forno with tomato coulis
Or Roast pork sausage with onions
Farfalle, green beans, parsnips in tomato sauce



Clementine / Vanilla cream / Compote



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Weekly menu 17 to 21 February 2025



Monday

Cream of cauliflower soup / Green salad / Tomato salad

Shepherd's pie of vegetables and soya with herb sauce
or Minced beef steak with spicy gravy
Apple purée, Carrot sticks, Turnip



Banana / Cookie

Tuesday

Crunchy cabbage salad / Green salad / Half a hard-boiled egg with mayonnaise

Chicken couscous with lamb meatballs and merguez sausage
Or chick pea falafels with quark cream sauce
Couscous semolina, oriental vegetables, red cabbage



Tomme cheese with cream / Strawberry apple compote / Chocolate TamTam

Wednesday

Sweet potato salad / Green salad / Pasta salad

Blanquette of turkey with paprika
or Roast pork with mustard sauce
Creole rice, chard, roast pumpkin



Vanilla cream / Fromage blanc and passion fruit coulis / Caramel yoghurt

Thursday

GRTA carrot salad / Mixed salad / Split pea salad

Spinach and ricotta tortellini with cream cheese
or Veal tendrons with citrus fruit and gremolata
Penne, green beans and braised beetroot



Mango salad / Swiss petits with fruit / Clementines

Friday

Corn salad/ Iceberg / Lentil salad

Beef hot dog, grilled onions, ketchup/ mayonnaise
or Vegetarian sausage hot dog
Country apple, broccoli, Jerusalem artichoke purée



Normandy apple tart / Roasted pear



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