Lunch Autumn First Week

Traditional

Monday
Duo of beans with flat parsley
Quick-sealed beef (CH)
Perfumed basmati rice
Stir-fried vegetable
Profiterole

Tuesday
Toasted bruschetta with olives
Crispy-skinned salmon (NOR)
Semolina
Spinach
Belle-Hélène pear

Wednesday
Sea Rillette, fresh cheese with horseradish
Quinoa salad
Pecorino cheese
Pumpkin and hazelnut crumble
Mont-Blanc chestnut dessert

Thursday
Hot goat cheese toast
Hake fish with mustard (FAO 27)
Mashed potatoes
Grilled zucchini
Ile flottante

Friday
Hummus with pita bread
Pike-perch steak with ravigote sauce (FAO 05)
Black rice
Vegetables
Chocolade mousse

Saturday
Figs and ricotta cheese salad
Sea bass fillet with lobster bisque (GR)
Steamed potatoes
Seasonal vegetables
Panna cota with vanilla and caramel

Sunday
Thin mushroom tart
Veal saltimbocca and sage flavoured sauce (CH)
Soft bramata
Braised chicory
Bourdaloue peat tart

Market

Monday
Calf egg with mushrooms
Beetroot linguine, goat cheese
Profiterole

Tuesday
Coleslaw
Lamb with thyme juice (GB)
Semolina
Spinach
Belle-Hélène pear

Wednesday
Raw vegetable salad with pumpkin seeds
Thin slice of grilled veal with reduced juice (CH)
Pan-fried gnocchi
Broccoli
Mont-Blanc chestnut dessert

Thursday
Lamb's lettuce with roasted seeds
Thinly-slice of beef (CH)
Mashed potatoes
Grilled zucchini
Ile flottante

Friday
Smoked salmon with chives
Poultry breast with broth (FR)
Black rice
Vegetables
Chocolade mousse

Dinner Autumn First Week

Traditional

Monday
Creamy cauliflower soup
Roasted sea bream fillet (GR)
Parsnip fine mousse
Broiled mushrooms
Cheesecake with yuzu

Tuesday
Carrot soup with coriander
Red lentils with coconut milk
Naan bread
Figs and ricotta tart

Wednesday
Bean soup
Duck in balsamic vinegar (FR)
Soba noodles
Vegetable ribbons
Speculoos tiramisu

Thursday
Vegetable soup
Ravioli with ricotta and spinach
Confit cherry tomatoes
Caramelised vanilla custard cream

Friday
Soup of root vegetables
Marinated lamb chops (GB)
Quinoa
Swiss chard
Apple strudel

Saturday
Pumpkin velvety
Saffron risotto with vegetables
Parmesan cheese
Iceberg salad with hazelnut oil
Sorbets

Sunday
Corn soup with sweet paprika
Back of steamed cod with herbs (FAO 27)
Elby
Mashed of eggplants

Market

Monday
Creamy cauliflower soup
Grilled half cockerel (FR)
Parsnip fine mousse
Broiled mushrooms
Cheesecake with yuzu

Tuesday
Carrot soup with coriander
Shrimps with sweet spices
Sautéed soya bean sprouts
Caramelized turnips and sweet potatoes
Figs and ricotta tart

Wednesday
Bean soup
Halibut fish with lemongrass broth (FAO 27)
Soba noodles
Vegetable ribbons
Speculoos tiramisu

Thursday
Vegetable soup
Half-cooked swordfish with olive oil and citrus fruit sauce (FAO 51)
Pilaf bulgur
Confit cherry tomatoes
Caramelised vanilla custard cream

Friday
Soup of root vegetables
Vegetables massaman curry
Quinoa
Apple strudel

Origins :
FAO 51/57 : Indian Ocean
FAO 27 : Nord East ATL
FAO 05 : Europe

Chocolate fondant