Lunch Autumn Second Week

Traditional

Monday
Apple and celery-root Rémoulade
Roast veal with autumn flavors (CH)
Quinoa
Vegetables in their juice
Sorbet

Tuesday
Caulifower tabouleh
Marinated cod (FAO 27)
Crispy polenta
Beetroots
Quince puff pastry

Wednesday
Chicory salad with walnuts and apple
Tofu curry with coconut milk
Udon noodles with sesame
Assorted vegetables
Chocolate panna cotta

Thursday
Vegetable tartare with coriander
Sea-bream fillet cooked on a plancha (GR)
Corn mousseline
Duet of carrot
Vanilla millefeuille

Friday
Salad with walnuts and pear
Thin fillet of pickerel with lemon sauce (FAO 05)
Rice with olives
Zucchini
Black forest cake

Saturday
Curled endive with smoked duck-breast filet (FR)
Sea bass fillet grilled on a plancha (GR)
Sweet potatoes
Swiss chard
Orange Salad

Sunday
Shredded fennel with cranberries
Lamb with rosemary (GB)
Fine semolina
Turnips with spices
Poached apple with spices

Market

Monday
Salmon Tartar (NOR)
Chickpea salad with spinach sprouts and roasted butternuts
Sorbet

Tuesday
Bruschetta with tomato
Beef rumpsteak with pepper (CH)
Crispy polenta
Beetroots
Quince puff pastry

Wednesday
Shortbread with mushrooms
Oven-baked lamb (GB)
Udon noodles with sesame
Assorted vegetables
Chocolate panna cotta

Thursday
Watercress soup with poached egg
Slow cook veal (CH)
Corn mousseline
Duet of carrot
Vanilla millefeuille

Friday
Leeks with vinaigrette sauce
Beef cheek with red wine (CH)
Rice with olives
Zucchini
Black forest cake

Dinner Autumn Second Week

Traditional

Monday
Broccoli velvety
Cuttlefish in a sétoise style sauce
Wild rice
Cherry tomatoes
Chocolate brownie

Tuesday
Chestnut velvety
Seasonal vegetable tortilla with gruyère cheese
Lamb's lettuce
Paris-Brest

Wednesday
Coral lentils velvety with ginger
Duck with goji berries (FR)
Barley
Red cabbage
Fresh cheese with cinnamon pear

Thursday
Vegetable soup
Spinach and ricotta lasagna
Thin apple pie

Friday
Butternut soup with hazelnuts
Grilled poultry breast (FR)
Parsnip fine mousse
Crunchy vegetables
Cannoli with ricotta and pistachio

Saturday
Cauliflower velvety
Mushroom risotto
Parmesan cheese
Rocket salad
Chocolate and hazelnut sponge biscuit cake

Sunday
Vegetable Soup "Cultivateur"
Oven baked sea bream fish (GR)
Steamed potatoes
Beetroots
Fresh fruit

Market

Monday
Broccoli velvety
Rabbit with cider and prunes (H)
Wild rice
Tender carrots
Chocolate brownie

Tuesday
Chestnut velvety
Thick croaker steak with dill (FAO 27)
Steamed potatoes
Snow peas
Paris-Brest

Wednesday
Coral lentils velvety with ginger
Salmon cooked with tea (NOR)
Barley
Red cabbage
Fresh cheese with cinnamon pear

Thursday
Vegetable soup
Yellow pollack golden back (FAO 27)
Bulgur with vegetables and herbs
Thin apple tart

Friday
Butternut soup with hazelnuts
Eggplant parmigiana
Raw vegetable salad
Cannoli with ricotta and pistachio

Origins:
FAO 27 : North East Atlantic ;

Vegan dishes available