Lunch Autumn Third Week

Traditional

Monday
Shredded carrots and grapes
Roasted quail with rosemary (FR)
Potatoes
Romanesco and brocoli
Tiramisù

Tuesday
Avocado with coriander
Monkfish stew with aioli (FAO 27)
Spelt
Crunchy vegetable mix
Semolina cake

Wednesday
Citrus crab salad
Udon noodles with tofu
Hazelnut "Succès"

Thursday
Jerusalem artichoke crumble
Half-cooked yellow tuna with ginger (FAO 71)
Bulgur
Grilled vegetables
Ile flottante

Friday
Apple and fennel salad
Elby
Snow peas
Pralin tart

Saturday
Leek with vinaigrette sauce
Sea-bream cooked on the plancha (GR)
Mashed sweet potatoes
Braised heart of fennel
Carrots cake

Sunday
Greek-style Cauliflower
Piece of beef with light béarnaise sauce (CH)
Papardelle
Carrot flan
Pear crumble with speculoos

Market

Monday
Cabbage salad, apple and grenade
Butternut squash raviolis with ricotta
Lamb's lettuce
Tiramisù

Tuesday
Chicory with citrus fruit juice
Deer medallions (ESP)
Spelt
Crunchy vegetable mix
Semolina cake

Wednesday
Seasonal salad with fig
Rabbit with mustard sauce (H)
Baby potatoes
Seasonal vegetables
Hazelnut "Succès"

Thursday
Lamb's lettuce with blue cheese and squash seeds
Veal tagine (CH)
Bulgur
Grilled vegetables
Ile flottante

Friday
Beetroot with vinaigrette sauce
Venison (ALL)
Spätzli
Snow peas
Pralin tart

Dinner Autumn Third Week

Traditional

Monday
Lentil velvety with cumin
Pan-sautéed squid
Red rice
Courgettes
Genoa cake with apples

Tuesday
Russian beetroot soup
Mushroom and spinach tart
Mixed salad
Chocolate dessert

Wednesday
Vegetables soup
Breast fillet of poultry with green pepper sauce (FR)
Beluga lentils
Corn Pont-Neuf
Lemon tart with meringue

Thursday
Consommé with shredded crepes
Vegetarian chili and yogurt sauce with coriander
Mexican rice
Pear dessert

Friday
Crécy style velvety
Dried meat and cheese
Tomato foccacia
Green salad
French pudding

Saturday
Fish soup
Gnocchi with pesto, nuts and zucchini
Green salad
Soft fresh cheese with honey

Sunday
Leek and potato soup
Thick croaker steak with reduced juice (FAO 27)
Duet of quinoa
Spinach
Fruits Salad

Market

Monday
Lentil velvety with cumin
Beef Parmentier (CH)
Green salad with walnut oil
Genoa cake with apples

Tuesday
Russian beetroot soup
Crispy-skinned salmon, caper sauce (NOR)
Mashed parsnip
Spinach
Chocolate dessert

Wednesday
Vegetables soup
Hake fillet (FAO 27)
Beluga lentils
Sautéed black salsify
Lemon tart with meringue

Thursday
Consommé with shredded crepes
Scorpion fish fillet with pine-nut sauce and olive oil (FAO 27)
Cereal pancake
Zucchini
Pear dessert

Friday
Crécy style velvety
Guinea fowl leg with prunes (CH)
Crispy polenta
Pak choï
French pudding

Origins:
FAO 27 : North East ATL; FAO 51/57 : Indian Ocean

Vegan dishes available