



Week of the 06.02.2012 to the 10.02.2012

	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP 4U	Crozet soup	Fish soup and cheese on toast	Peking soup	Cream of chicken soup	Courgette soup
STARTER 4U	<i>All our crudités are organically grown</i>				
	Eggs mimosa	Courgettes with dips	Coleslaw	Sweetcorn with herbs	Radish
	Lentil salad	Escarole	Lemon palm hearts	Cheese spread	Pak choi salad
	Beetroot	Caesar salad	Provençal squid	Italian-style vegetable salad	Cucumber in yogurt
FRESH 4U	Chilled prawn kebab on salad	Alsatian salad	Chicken club sandwich	Anchovy paste and tapenade	Beef carpaccio
HOT 4U	Gratin of potatoes from Savoie	Bordeaux-style roast veal	Beef émincé	Pork chop with mustard sauce	Fillet of hake with a creamy sauce
VEGE 4U	Reblochon and potatoes pastry	Pan-fried polenta with parmesan and green salad	Vegetable tian with quorn and bulgar wheat	Cauliflower flan and red pepper coulis with saffron rice	Vegetable parmentier
PASTA 4U	Farfalle with cheese goat and ham	Sautéed beef gnocchi	Vegetarian lasagne	Noodles with tomato and oregano sauce	Pan-fried garganelli with roast pork
DAILY 4U (choose one)	Baked tomatoes	Braised leeks	Pan-fried mushrooms	Artichokes with ginger	Carrots with garlic
	Green beans	Broccoli	Glazed onions	Flageolet beans	Ground spinach
	Pan-fried pumpkin	Slow-cooked vegetables	Sautéed fennel	Celery sticks	Mixed vegetables
DAILY 4U (choose one)	Thai rice	Polenta	Mashed potato	Diced potatoes	Boiled potatoes
	Farfalle	Jacket potatoes	Bulgar wheat	Saffron rice	Corn
	Potatoes with paprika	Gnocchi	Couscous	Sautéed noodles	Garganelli
SWEET 4U	Chocolate éclair	Plum dacquoise	Custard	Fromage frais and passion fruit coulis	Fruit salad with mint
	Citrus fruit soup	Praline mousse	Apple cake	Pear crumble	Custard tart
	Banana tart	Raisin brioche	Savarin with syrup	Chocolate chip muffin	Choux pastry with Chantilly cream