

# Menu October

Cantine Self-Service



Every day, enjoy a variety of fresh raw vegetables at the salad bar, along with a selection of organic yogurts and seasonal organic fruits at the dessert corner.

| Monday 28                                                                                                                             | Tuesday 29                                                                                                                                                                                | Wednesday 30 | Thursday 01                                                                                                                                                                        | Friday 02                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Curried leek soup</p> <p>Beef with tomato and thyme gravy* (<b>gluten</b>)<br/>OR Quorn </p> <p>Corn on the cob*, mixed salad*</p> | <p>Watercress soup</p> <p>Stir-fried pasta with grilled vegetables* (<b>gluten, egg</b>) </p>                                                                                             |              | <p>Onion soup (<b>gluten</b>)</p> <p>Poultry<br/>OR celeriac steak </p> <p>Tarragon sauce (<b>gluten</b>),<br/>sweet potato mash (<b>milk</b>),<br/>cauliflower* (<b>milk</b>)</p> | <p>Cream of broccoli soup (<b>soya</b>)</p> <p>Salmon with fish sauce (<b>gluten, milk, fish</b>)<br/>OR Smoked tofu (<b>soya</b>) </p> <p>Steamed potatoes*, carrots* (<b>milk</b>)</p> |
| Monday 05                                                                                                                             | Tuesday 06                                                                                                                                                                                | Wednesday 07 | Thursday 08                                                                                                                                                                        | Friday 09                                                                                                                                                                                |
| <p>Vegetable broth (<b>celery</b>)</p> <p>Aubergine pasta roulade (<b>gluten, egg, milk</b>) </p>                                     | <p>Country vegetable soup (<b>celery</b>)</p> <p>Lamb stew (<b>gluten</b>) OR<br/>Chickpea stew (<b>gluten</b>) </p> <p>Couscous* (<b>gluten, celery</b>),<br/>turnips &amp; carrots*</p> |              | <p>Spinach soup</p> <p>Breaded pork escalope (<b>gluten, egg</b>)<br/>OR<br/>Breaded veggie escalope (<b>gluten, soya</b>) </p> <p>Steamed potatoes*, peas*</p>                    | <p>St Germain soup</p> <p>Beef tacos (<b>celery</b>)<br/>OR Veggie tacos (<b>egg, celery</b>) </p> <p>Tortillas (<b>gluten</b>),<br/>homemade salsa sauce,<br/>guacamole</p>             |

\* = From ecological and eco-responsible agriculture and livestock farming

= 100% vegetarian dish

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Enjoy your  
meal!



Every day, enjoy a variety of fresh raw vegetables at the salad bar, along with a selection of organic yogurts and seasonal organic fruits at the dessert corner.

| Monday 12                                                                                                                                                  | Tuesday 13                                                                                                                                                                          | Wednesday 14 | Thursday 15                                                                                                                                                                                           | Friday 16                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cream of tomato ( <b>soya</b> )<br><br>Chicken vol-au-vent ( <b>gluten, milk</b> )<br>OR Vegetarian vol-au-vent ( <b>soya</b> ) ✓<br><br>Rice*, mushrooms* | Pumpkin soup<br><br>Pasta with Bolognese sauce ( <b>gluten, egg</b> )<br>OR Vegetable Bolognese ( <b>gluten, egg</b> ) ✓<br><br>Grated cheese ( <b>milk</b> )                       |              | Lentil salad<br><br>Lamb pita ( <b>soya, celery</b> )<br>OR Veggie strips ( <b>gluten, egg, soya, celery</b> ) ✓<br><br>Pita bread ( <b>gluten</b> ), white cabbage* and garlic sauce ( <b>milk</b> ) | Farmer's vegetable soup ( <b>celery</b> )<br><br>Curried lentil dahl, naan bread ( <b>gluten</b> )<br><br>✓                                                                                               |
| Monday 19                                                                                                                                                  | Tuesday 20                                                                                                                                                                          | Wednesday 21 | Thursday 22                                                                                                                                                                                           | Friday 23                                                                                                                                                                                                 |
| Watercress soup<br><br>Pan-fried gnocchi with vegetables ( <b>gluten, egg</b> ), grilled vegetables<br><br>✓                                               | Carrot soup ( <b>celery</b> )<br><br>Stuffed tomatoes with pork ( <b>milk</b> )<br>OR Vegetarian stuffed tomatoes ( <b>milk</b> ) ✓<br><br>Homemade mashed potatoes ( <b>milk</b> ) |              | White bean soup<br><br>Asian-style steamed fish ( <b>fish</b> )<br>OR Silken tofu ( <b>soya</b> ) ✓<br><br>Jasmine rice, fish sauce ( <b>gluten, soya</b> ), Thai vegetables ( <b>soya</b> )          | Cream of pumpkin soup ( <b>milk</b> )<br><br>Chicken wok ( <b>soya, sulphites</b> )<br>OR Vegetable wok (soya, sulphites) ✓<br><br>Chinese noodles (gluten), Asian tomato sauce (gluten, soya, sulphites) |

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