

# Menu September

Cantine Self-Service



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                                                                                                                                                                         | Tuesday                                                                                                                                                                      | Wednesday    | Thursday                                                                                                                                                                                               | Friday 04                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                |                                                                                                                                                                              |              |                                                                                                                                                                                                        | Carrot soup<br><br>Ricotta & spinach ravioli* ( <b>gluten, egg, milk</b> )<br><br>                                             |
| Monday 07                                                                                                                                                                      | Tuesday 08                                                                                                                                                                   | Wednesday 09 | Thursday 10                                                                                                                                                                                            | Friday 11                                                                                                                                                                                                         |
| Celeriac soup ( <b>celery</b> )<br><br>Chicken drumsticks, poultry gravy with thyme ( <b>gluten</b> ), pilaf rice*, roasted tomatoes*<br><br>Vegetarian option: Roasted turnip | Pumpkin soup<br><br>Pork fillet, meat gravy ( <b>gluten</b> ), semolina* ( <b>celery</b> ), heritage vegetables ( <b>celery</b> )<br><br>Vegetarian option: Brussels sprouts |              | Gazpacho ( <b>gluten, sulphites</b> )<br><br>Fish fillet, cream sauce ( <b>gluten, fish, soy</b> ), homemade mashed potatoes* ( <b>milk</b> ), broccoli*<br><br>Vegetarian option: Tofu ( <b>soy</b> ) | Courgette & leek soup<br><br>Homemade pasta ( <b>gluten, egg</b> ), Andalusian vegetables & halloumi ( <b>milk</b> )<br><br> |

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

 = 100% vegetarian dish

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| Monday 14                                                                                                                                                                                 | Tuesday 15                                                                                                                                                                              | Wednesday 16 | Thursday 17                                                                                                                                                                   | Friday 18                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Cauliflower cream soup ( <b>soy</b> )<br><br>Chicken breast, steamed potatoes*, tomatoed green beans* ( <b>gluten</b> )<br><br>Vegetarian: Southern-style veggie burger ( <b>gluten</b> ) | Tomato soup<br><br>Veal stew, Beaugé sauce ( <b>gluten, milk, mustard, sulphites</b> ), wheat grain ( <b>gluten</b> ), grilled carrots*<br><br>Végé : Omelette ( <b>egg, milk</b> )     |              | Chervil soup<br><br>Seafood mezze ( <b>gluten, crustaceans, fish, soy, milk, molluscs</b> ), baguette ( <b>gluten</b> ), lettuce*<br><br>Végé : Onion rings ( <b>gluten</b> ) | Country-style soup ( <b>celery</b> )<br><br>Pizza ( <b>gluten, soy, milk</b> )                                              |
| Monday 21                                                                                                                                                                                 | Tuesday 22                                                                                                                                                                              | Wednesday 23 | Thursday 24                                                                                                                                                                   | Friday 25                                                                                                                   |
| Pumpkin soup<br><br>Chicken jambalaya ( <b>fish, soy, molluscs</b> ), rice*<br><br>Vegetarian option: Vegetable & chickpea jambalaya ( <b>soy</b> )                                       | Corn soup<br><br>Stuffed bell peppers ( <b>milk</b> ), tomato sauce, pepinettes pasta ( <b>gluten, egg</b> )<br><br>Vegetarian option: Veggie stuffed peppers ( <b>egg, soy, milk</b> ) |              | Andalusian soup<br><br>Fish sticks ( <b>gluten, egg</b> ), homemade mashed potatoes* ( <b>milk</b> ), grilled aubergines*<br><br>Vegetarian option: Veggie sticks             | Minestrone ( <b>gluten, egg, celery</b> )<br><br>Lentil chili ( <b>soy, celery</b> ), nachos, grated cheese ( <b>milk</b> ) |

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| Monday 28                                                                                                                                     | Tuesday 29                                                                                                                                                                     | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|--------|
| <p>Leek &amp; curry soup</p> <p>Beef, tomato thyme gravy* (<b>gluten</b>), corn on the cob*, mixed salad*</p> <p>Vegetarian option: Quorn</p> | <p>Watercress soup</p> <p>Stir-fried pasta with grilled vegetables* (<b>gluten, egg</b>)</p>  |           |          |        |
| Monday                                                                                                                                        | Tuesday                                                                                                                                                                        | Wednesday | Thursday | Friday |
|                                                                                                                                               |                                                                                                                                                                                |           |          |        |

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