


# Menu November

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 02 | Tuesday 03 | Wednesday 04 | Thursday 05 | Friday 06 |
|---|---|---|---|---|
| | Chervil soup<br><br>Ravioli with ricotta & spinach* (**gluten, egg, milk**),<br><br>Tomato coulis | | Leek soup<br><br>Turkey blanquette (**gluten, milk**) OR Lentil blanquette (**gluten, soy**)<br><br>Mixed vegetables, rice* | Cauliflower soup<br><br>Liège-style meatballs (**gluten, sulphites**) OR Veggie meatballs<br><br>Mashed potatoes & celeriac (**milk, celery**)* |
| **Monday 09** | **Tuesday 10** | **Wednesday 11** | **Thursday 12** | **Friday 13** |
| Mushroom soup<br><br>Couscous with merguez sausage (**gluten, celery**) OR Vegetable couscous (**gluten, celery**) | Minestrone (**celery**)<br><br>Chicken fillet OR Veggie fillet (**gluten**)<br><br>Pepinettes (**gluten, egg**), broccoli, creamy poultry gravy (**gluten, milk**) | | Split pea soup<br><br>Vegetarian shepherd's pie (**milk**) | Andalusian cream soup (soy)<br><br>Fried calamari (**gluten, soy, molluscs**) OR Onion rings (**gluten**)<br><br>Potato wedges, tartar sauce (**egg, mustard**), roasted fennel |

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

= 100% vegetarian dish




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| Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 |
|---|---|---|---|---|
| Parmentier soup<br><br>Fresh pasta sautéed with seasonal vegetables (**gluten, egg**)<br><br>Grated cheese (**milk**) | French onion soup (**gluten**)<br><br>Mozzarella fingers (**gluten, milk**)<br><br>Steamed potatoes, Green beans | | Pumpkin & coconut milk soup<br><br>Homemade beef lasagne (**gluten, egg, milk**)<br>OR<br>Homemade vegetarian lasagne<br>(**gluten, egg, milk**) | Leek curry soup<br><br>Prawns (**crustaceans**)<br>OR Roasted celeriac<br><br>Pilaf rice, Mediterranean vegetables, coconut curry sauce (**gluten, soy**) |
| **Monday 23** | **Tuesday 24** | **Wednesday 25** | **Thursday 26** | **Friday 27** |
| Vegetable broth (**celery**)<br><br>Quorn cordon bleu (**gluten, milk, mustard**)<br><br>Steamed potatoes*, carrots (**milk**)* | Spinach soup<br><br>Chipolata OR Veggie sausage (**soy**)<br><br>Wheat berries (**gluten**), Provençal courgettes* | | Country-style soup (**celery**)<br><br>Beef, meat sauce (**gluten**)<br>OR Veggie burger<br><br>Dauphinoise potatoes (**gluten, milk**), peas* | Squash soup<br><br>Chicken paella (**crustaceans, egg, milk, celery, molluscs**)<br>OR<br>Vegetable paella (**egg, milk, celery**) |

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| Monday 30 | | | | |
|---|---|---|---|---|
| Leek soup<br><br>Vegetarian potato burger (**gluten, milk, celery, mustard, sulphites**)<br><br>Ratatouille* | | | | |
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