









Week 10 : 16 to 20 MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	
					Maternelle	Elémentaire Secondaire Enseignant
 Main Dish	Mettwurst, lentil, steam potatoes (Allergens : 12)	Chicken stew with cream sauce, peas and mushroom, basmati rice (Allergens 1 wheat-7)	Fresh salmon and vegetable lasagna (Allergens : 1-3-4-7-12)	Turkey stew, broccoli, yellow wheat (Allergens 1 wheat-7)	Ground beef, grilled tomato with herb, roasted potatoes (Allergens : 7-12)	Cheeseburger, french fries (Allergens : 1-3-7-12)
 Vegetarian	Peppers bell stuffed with quorn, tomatoes rice (Allergens – 1 wheat-3-7-12)	Lentil Dahl with steam potatoes (Allergens : -)	Tomatoes lasagna (Allergens : 1-3-7)	Arancini with peas, cheese and tomato sauce, salad mix (Allergens : 1-3-7)	Vegetable pancake, grilled tomato with herb, roasted potatoes (Allergens : 7-12)	Veggie burger, french fries (Allergens : 1-3-7-12)
 Street food	Turkey and cheese panini Salad mix (Allergens : 1 wheat-7)	Fish and chips with remoulade sauce (Allergens : 1 wheat – 4-7)	Fresh salmon and vegetable lasagna (Allergens : 1-3-4-7-12)	Salmon bagel (cream cheese, smoked salmon, salad, tomato) Mix salad (Allergens : 1-3-4-7-12)		Cheeseburger, french fries (Allergens : 1-3-7-12)
 Dessert	Fruit yogurt	Pear compote	Apple tart (Allergens : 1-3-7)	Vanilla grec yogurt (Allergen : 7)	Fresh fruit	Fresh fruit







Week 10 : 23 to 27 MARCH



	Monday	Tuesday	Wednesday	Thursday	Friday	
					Maternelle	Elémentaire Secondaire Enseignant
 Main Dish	Vegetable samosa, (Sauce aigre douce) Cantonese rice (Allergens : -3-6-7-9)	Winner sausage, mashed potatoes, green beans (Allergens : 7)	Penne with carbonara sauce (pork) (Allergens : 1 wheat-3-7)	Chicken bouchée à la reine Rice and carrot (Allergens : 1 wheat-7)	Turkey stew with curry sauce, bulgur and zucchini (Allergens : 7)	Pizza Marguerita (Allergens : 1 wheat – 7)
 Vegetarian	Ricotta and spinach Cannelloni (Allergens – 1 wheat- 3-7°)	Vegetable samosa, Cantonese rice (Allergens : -3-6-7-9)	Penne with mushroom and cream sauce Allergens : 1 wheat-7	Mild Vegetable Pad Thai (<i>Rice noodles with tofu, carrots, peas, and a mild sweet-and-salty sauce</i>) (Allergens :)	Tofu stew with curry sauce, bulgur and zucchini (Allergens : 7)	Pizza Marguerita (Allergens : 1 wheat – 7)
 Street food	Gourmet hot dog, coleslaw, roasted potatoes (Allergens : 1-3-7-10-12)	Tuna Wrap (<i>tuna tomatoes cucumber – salad</i>) (Allergens : 1 wheat-4-7)	Penne with carbonara sauce (pork) (Allergens : 1 wheat-3-7)	Potatoes Salad (<i>pork – potatoes – eggs- bread – salad- cream</i>) (Allergens : -3-7)		Pizza Marguerita (Allergens : 1 wheat – 7)
 Dessert	Fruit yogurt	Caramel flan Allergens : 3-7	Apple compote	Fresh fruit	Easter dessert Allergens : 1-3-6-7	Easter dessert Allergens : 1-3-6-7







Week 10 : 13 to 17 April

	Monday	Tuesday	Wednesday	Thursday	Friday	
					Maternelle	Elémentaire Secondaire Enseignant
 Main Dish	Grilled chicken fillet with paprika, zucchini, semolina Tomato sauce Allergens :1(wheat)-6-7-9	Paella with chicken and chorizo Allergens :	Coquillettes with tomato sauce Allergens : 1 wheat -7	Beef stew with olive sauce, ratatouille, jacket potatoes Allergens : 1(wheat)-6-7-9-12	Hoki fillet with lemon sauce, spinach cake, quinoa Allergens :1(wheat)-4-7	Chicken tenders with wedges potatoes Barbecue sauce Allergens :1(wheat)-3
 Vegetarian	Vegetarian frikadelle, zucchini, wheat Tomato sauce Allergens : 1(wheat)-3-6-7-9	Grilled vegetable lasagna (tomatoes – carrot) Allergens : 1(wheat)-3-7-9	Coquillettes with tomato sauce Allergens : 1 wheat -7	Creamy polenta with mix vegetables Allergens : 7	Spring vegetable with yellow basmati rice Allergens : 7	Mozzarella stick with wedges potatoes Barbecue sauce Allergens :1(wheat)-3-7
 Street food	Breaded turkey skewers, barbecue sauce, sweet potatoes fries (Allergens :)	Beef Poutine with cheese (Allergen : 1wheat-7-9)	Coquillettes with tomato sauce Allergens : 1 wheat -7	Panzerotti (Italian cheese- tomato sauce) Salad mix Allergens : 1(wheat)		Chicken tenders with wedges potatoes Barbecue sauce Allergens :1(wheat)-3
 Dessert	Apple compote	Chocolate yogurt (Allergen : 3-7)	Fresh fruit	Chocolate éclair Allergens :1(wheat)-3-6-7	Fruit yogurt (type petit Suisse) (Allergens : 7)	Fruit yogurt (type petit Suisse) (Allergens : 7)



Week 10 : 20 to 24 April

	Monday	Tuesday	Wednesday	Thursday	Friday	
					Maternelle	Elémentaire Secondaire Enseignant
 <p>Main Dish</p>	Chicken breaded with corn flakes, tomato, tagliatelle Allergens : 1wheat--3-6-7-9	Roasted ham, braised chicory, mashed potatoes Allergens : 1(wheat)-7-6-9	Tortellini beef with meat sauce Allergens : 1(wheat)-3-7-9	Fishstick, red cabbage, yellow rice Allergens : 1(wheat)-3-4-7	Turkey curry stew, broccoli, noodles Allergens : : 1 wheat-6-7-9	Kebab plate(turkey), salad, tomato, baked potato Allergens : 1(wheat)-3-6-7-9- 12
 <p>Vegetarian</p>	Omelette with herbs, tomatoes, roasted potatoes Allergens : 3-7	Moussaka with quorn with rice Allergens : 1(wheat)-3-7-9	Ricotta spinach tortellini with tomato sauce (Allergens : 1-3-7)	Libanese falafel, brown sauce, red cabbage, tomato bulgur (white sauce) Allergens : 1(wheat)-3-6-7-12	Potato tortilla, broccoli, curry sauce Allergens : 3	Kebab plate(quorn), salad, tomato, baked potato Allergens : 1(wheat)-3-6-7-9- 12
 <p>Street food</p>	Pizza with turkey salami and cheese Mix salad Allergens :1wheat- 3-7	Seafood salad <i>(Shrimp – avocado –pasta with galic and herbs – salad)</i> (Allergens : 1(wheat)-2-7)	Tortellini beef with meat sauce Allergens : 1(wheat)-3-7-9	Lebanese falafel, pita bread, crunchy raw vegetables, roasted potatoes Allergens : 1(wheat)-3-6-7-12		Kebab plate(turkey), salad, tomato, baked potato Allergens : 1(wheat)-3-6-7-9- 12
 <p>Dessert</p>	Natural yogurt with sugar (Allergens : 7)	Apple & Apricot Compote	Vanilla yogurt (Danette) (Allergens : 1-3-7)	Chocolate & vanilla marbre (Allergens : 1wheat-3-7)	Fruit salad	Fruit salad

