

Menus – Week 40

from Monday 28 septembre to Friday 02 octobre 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Beetroot salad Beef stew (Switzerland) slow-braised Potato rösti Sliced carrots (GRTA) Plum	GRTA green salad, Gruyère and small croutons Chicken sauté (Switzerland) with curry Fusilli, grated cheese Sautéed courgettes Apple and quince compote	Green bean salad with shallot and balsamic vinegar Beef burger (Switzerland), brown gravy Pilaf quinoa Brussels sprouts Lemon cake (France)	Salade coleslaw Lamb tagine (Ireland), with spices Couscous with stock Couscous vegetables Raspberry yoghurt	Tomato and cucumber salad Pollock fillet with white wine sauce (MSC Atlantique Nord) Roasted baby potatoes Broccoli florets Chocolate mousse
GRTA country bread (Switzerland)	GRTA semi-white bread (Switzerland)	GRTA twisted bread (Switzerland)	Corn bread (Switzerland)	GRTA organic cob loaf (Switzerland)

Our meals may contain traces of allergens.

Our salad dressings :

- French
- Italian
- Balsamic
- Homemade

Menus – Week 41

from Monday 05 to Friday 09 octobre 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Mexican salad Traditional turkey blanquette (France) Pilaf rice Flat beans Lemon tart (France)	Creamy squash soup Veal sausage with onion gravy (Switzerland) Polenta with Grana Padano Braised leeks Apricot yoghurt	Celeriac rémoulade with apples Sliced chicken thighs with creamy gravy (Switzerland) Gnocchi Spinach gratin Banana	Green lentil and grated carrot salad Duck sauté with rosemary (France) White bean and carrot stew with onions, cassoulet-style Mille-feuille (Switzerland)	Tomato and basil salad Provençal-style redfish fillet (MSC Atlantique Nord-Est) Pilaf rice Rosette de romanesco Plum
GRTA semi-white bread (Switzerland)	Corn bread (Switzerland)	GRTA twisted bread (Switzerland)	GRTA organic cob loaf (Switzerland)	GRTA country bread (Switzerland)

Our meals may contain traces of allergens.

Our salad dressings :

- French
- Italian
- Balsamic
- Homemade

Menus – Week 42

from Monday 12 to Friday 16 octobre 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Green bean salad Salmon fillet with sorrel (ASC Norvège) Steamed potatoes Wilted spinach Raspberry yoghurt	Julienne vegetables with sesame and soy oil Pork stew with sage (Switzerland) Pilaf Ebly Cauliflower gratin Cheesecake (France)	Cucumber tzatziki Turkey roast with mushrooms (France) Spätzli Mixed vegetables Orange salad	Salade coleslaw Veal meatball with onion gravy (Switzerland) Creamy polenta with Grana Padano Diced celeriac Red berry tart (France)	GRTA Batavia lettuce salad Meat tortellini with tomato sauce and small vegetables (Switzerland) Grated Gruyère Apple compote
GRTA organic cob loaf (Switzerland)	Corn bread (Switzerland)	GRTA twisted bread (Switzerland)	GRTA country bread (Switzerland)	GRTA semi-white bread (Switzerland)

Our meals may contain traces of allergens.

Our salad dressings :

- French
- Italian
- Balsamic
- Homemade

Menus – Week 44

from Monday 26 to Friday 30 octobre 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Grated carrot and orange salad Chicken sauté (Switzerland) with mushrooms Baby potatoes Flat beans Apple and blackcurrant tart (France)	GRTA green salad Spaghetti with beef Bolognese sauce (Switzerland) and small vegetables Grated cheese Vanilla fromage blanc	Endive and apple salad Roasted pork sausage with thyme gravy (Switzerland) GRTA mashed potatoes Confit fennel Apple and quince compote	Cucumber salad Turkey cordon bleu (France) Tomato Ebly Cauliflower gratin Raspberry yoghurt	Celeriac rémoulade with mustard seeds Lamb shoulder (Ireland) with prunes Roasted potatoes Rosettes de romanesco Chocolate éclair (Switzerland)
GRTA country bread (Switzerland)	GRTA semi-white bread (Switzerland)	GRTA twisted bread (Switzerland)	GRTA organic cob loaf (Switzerland)	Corn bread (Switzerland)

Our meals may contain traces of allergens.

Our salad dressings :

- French
- Italian
- Balsamic
- Homemade