

Menus



From Monday to Sunday

Le Chef and his team
hope you enjoy your meals...

*This week's menus will be adapted to the diet
prescribed by the medical team.*

Monday

Lunch

- Tomato & mozzarella salad* or *Potato salad*
Roast sirloin steak with green pepper or *Oven-roasted sea bass fillets*
Polenta or *Steamed courgettes*
Camembert or *Natural yoghurt*
Fresh fruit or *Apple & blackcurrant compote*

Dinner

- Cream of vegetable soup*
Leek Quiche or *Poultry escalope in its juices*
French beans or *Spaghetti with pesto*
Fruit yoghurt or *Saint Moret*
Poire Belle Hélène or *Fresh fruit salad*

Tuesday

Lunch

- Lentil salad* or *Pink grapefruit*
Fillet of cod in breadcrumbs or *Roast veal with estragon*
Fennel in butter or *Young vegetables in Rice*
Comté or *Thick cream cheese*
Fresh fruit or *Plums in orange sauce*

Dinner

- Cream of asparagus soup*
Reine pizza or *Omelette with fines herbes*
Green salad or *Steamed peas & carrots*
Chocolate sundae or *Samos*
Compote or *Fresh fruit salad*

Wednesday

Lunch

- Avocado salad with paprika* or *Trio of raw vegetables*
Sweet and sour chicken or *Fillet of perch in butter*
Chinese noodles or *Spinach in béchamel sauce*
Gouda or *Fruit yoghurt*
Fresh pineapple or *Fruit cocktail in syrup*

Dinner

- Cream of carrot soup*
Roast loin of pork with sage or *Ricotta raviolis & fresh diced tomatoes*
Spinach in butter or *Parmesan*
Cottage cheese or *Samos*
Short crust apple tart or *Fresh fruit*

Thursday

Lunch

Gaspacho or *Tabbouleh*

Paella or *Grilled sirloin steak*
with provencal tomatoes

Cottage cheese and fruit or *Chavroux*

Fresh fruit or *Peach compote*

Dinner

Cream of leek and potato soup

Selection of cold fish with garnish or *Gratin of ham and pasta*

Chanteneige or *Organic yoghurt*

Red berry fruit clafoutis or *Fresh fruit salad*

Friday

Lunch

Chickpea salad or *Raw mushrooms with chives*

1/2 young cockerel roasted or *Grilled salmon*

Nice-style ratatouille or *Timbale of rice with peas*

Brie or *Vanilla cream*

Fresh fruit or *Exotic fruit salad*

Dinner

Cream of vegetable soup

Cod puree or *Chicken kebab*

with carrots and parsley

Home-made crème caramel or *Cantadou*

Compote or *Fresh fruit*

Saturday

Lunch

Raw vegetable julienne

Antibes-style tomato sauce or *Piece of pork roasted in its juices*

Jacket potatoes or *Salsify sprinkled with parsley*

Tome of the Pyrenees or *Cottage cheese*

Fresh fruit or *Home-made compote*

Dinner

Darblay soup

Cheese and mushroom vol-au-vent or *Grilled sirloin steak*

Broccoli & cauliflower duo or *Gratin of courgettes with rice*

Organic yoghurt or *Chanteneige*

Caramel and banana delight or *Fresh fruit salad*

Sunday

Lunch

Shepherd's salad (with goat cheese) or *Asparagus with vinaigrette*

Leg of lamb with cumin or *Fish in clear stock*

Tabbouleh with raisins or *French beans sprinkled with parsley*

Fromage frais or *Saint Moret*

Lemon tart or *Bowl of strawberries*

Dinner

Cream of tomato and celery soup

Spatchcock chicken or *Escalope of veal cooked in its juices*

Swiss chards in cream or *Thin pasta*

Cantadou or *Fruit yoghurt*

Fresh fruit salad or *Baked apples with cinnamon*