



|                           | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---------------------------|---|---|--|---|---|
| STARTERS                  | Cheese pancake<br>Goat cheese and chorizo loaf<br>Grated vegetables in balsamic vinegar<br>Beetroot & chives<br>Mushroom terrine<br>Salad Bar | Spiced grated carrots<br>Creamed mushrooms<br>Andouille sausage<br>Lentils, sheep's cheese, and red onions<br>Celeriac with apples and curry<br>Salad Bar | Vegetable wrap<br>Spiced tuna on toast<br>Rillettes and pickles<br>Vegetable pasta with surimi<br>Leeks with Ravigote sauce<br>Salad Bar | Soup<br>Chicken salad<br>Pizza<br>Quinoa with crisp vegetables<br>Coleslaw<br>Salad Bar                       | Chinese cabbage with Emmental cheese<br>Broccoli in vinaigrette<br>Durum wheat salad with ham<br>Eggs in mayonnaise<br>Strasbourg potato salad<br>Salad Bar |
| HOT MAIN DISHES AND SIDES | Chicken nuggets<br>Lamb sauté with garlic<br>Rice / Bean medley   | Shepherd's pie<br>Chorizo omelette<br>Green salad<br>Swiss chard with garlic and cream / Purée  | Quiche Lorraine<br>Roast veal with creamy mushroom sauce<br>Green salad<br>Vegetable custard tart  | Fish of the day<br>Escalope with cream sauce<br>Farfalle pasta / Sautéed spinach                              | Chick pea tagine with dried fruit<br>Beef tongue with tomato sauce<br>Semolina / Tagine vegetables  |
| DAIRY PRODUCT             | Cheese or Dairy Product   | Cheese or Dairy Product   | Cheese or Dairy Product  | Cheese or Dairy Product   | Cheese or Dairy Product   |
| DESSERTS                  | Fresh fruit<br>Flavoured yoghurt<br>Fruit cocktail<br>Chocolate jelly & whipped cream<br>Peach cake   | Fromage blanc & tropical fruit coulis<br>Blancmange with coulis<br>Fresh fruit<br>Brownie<br>Roasted pineapple  | Fruit salad<br>Pancake with whipped cream<br>Fresh fruit<br>Curd cheese with maple syrup<br>Semolina cake with chocolate chips           | Orange meringue pie<br>Red berry milkshake<br>Fresh fruit<br>Crème brûlée<br>Vanilla pudding                  | Fresh fruit<br>Pudding<br>Apple crème brûlée<br>Smoothie<br>Caramelised rice pudding  |
|                           | Cheese pancake<br>Chicken nuggets<br>Rice / Bean medley<br>Cheese or Dairy Product<br>Fresh fruit   | Spiced grated carrots<br>Shepherd's pie<br>Green salad<br>Cheese or Dairy Product<br>Fromage blanc & tropical fruit coulis                                | Vegetable wrap<br>Quiche Lorraine<br>Green salad<br>Cheese or Dairy Product<br>Fruit salad   | Soup<br>Fish of the day<br>Farfalle pasta / Sautéed spinach<br>Cheese or Dairy Product<br>Orange meringue pie | Chinese cabbage with Emmental cheese<br>Chick pea tagine with dried fruit<br>Semolina / Tagine vegetables<br>Cheese or Dairy Product<br>Fresh fruit         |

**Seasonal product**  
All or part of this dish is made with seasonal raw ingredients

**Organic Product**  
All our homemade milk-based desserts are made with organic raw milk from Pannetière farm

**All whole pork, beef, chicken, and turkey meat served in the restaurant is of 100% French origin**

**Veggie party!**

**Local products**  
 \* Chicken: Galliance, Ancenis  
 \* Turkey: Ferme de la Brégonnerie, Nort sur Erdre  
 \* Pork and beef: Viandissime, Le Poiré sur Vie  
 \* Bread: Tradéoz, Orvault  
 \* Eggs: Gaec de l'eau vive, St-Hilaire de Clisson  
 \* Potatoes: Mahot, Chaumes en Retz

\* Pancakes and buckwheat galettes: Catal Roc, Treillères  
 \* Fish: Cap Marée, Nantes  
 \* Organic vegetables: Tom Pousse, La Chapelle sur Erdre  
 \* Milk, fromage blanc, cheese (tomme): Ferme La Pannetière, La Chapelle sur Erdre  
 \* Cold cuts: Gérard, Legé (44)  
 \* Organic yoghurt: Ferme Péard, Blain