Child allergen-free
Week 45 Menu, Monday 2 November 2026 to Sunday 8 November 2026

Lunch

Monday 02/11	Tuesday 03/11	Wednesday 04/11	Thursday 05/11	Friday 06/11
***GRTA beetroot salad** **Chicken sauté** *(FRANCE)* **Tandoori sauce** **Basmati rice** **GRTA sliced carrots** **Pear**	**GRTA green salad** **Hake fillet** fish *(NORTH PACIFIC)* **Lemon sauce** **Tomato quinoa** **Parsley green beans** **Organic coconut yogurt**	**GRTA pumpkin soup** **Beef burger** *(SWITZERLAND)* **Brown gravy** **Gluten-free spaghetti** **Green salad** **Apple compote**	**Vegetable soup** **Falafel** **Sweet and sour sauce** **GRTA sautéed potatoes** **Roasted squash** **Gala apple**	**GRTA green salad** **Turkey escalope** *(FRANCE)* **Tomato sauce** **Penne** **Broccoli** **Pear muffin** *(SWITZERLAND)*

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Week 46 Menu, Monday 9 November 2026 to Sunday 15 November 2026

Lunch

Monday 09/11	Tuesday 10/11	Wednesday 11/11	Thursday 12/11	Friday 13/11
GRTA grated carrots **Pork sauté** *(SWITZERLAND)* **Sage gravy** wheat, celery **Mashed potatoes with olive oil olive oil** **Parsley cauliflower** **Prune cake** *(SWITZERLAND)*	**GRTA potato and leek soup** **Penne** **Tomato sauce with vegetables** **Apple and pear compote**	**Celery soup** celery **Beef burger** *(SWITZERLAND)* **Shallot gravy** **Polenta** **Julienned vegetables** **Banana**	**GRTA Batavia lettuce salad** **Parsleyed cod loin** fish *(NORTHEAST ATLANTIC)* **Coconut curry sauce** mustard **Fragrant rice** **GRTA sliced carrots** **Pineapple salad**	**Cucumber salad** **Chicken fillet** *(SWITZERLAND)* **Tomato sauce** **Quinoa in broth** **Leek fondue** **Organic coconut yogurt**

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Week 47 Menu, Monday 16 November 2026 to Sunday 22 November 2026

Lunch

Monday 16/11	Tuesday 17/11	Wednesday 18/11	Thursday 19/11	Friday 20/11
Corn salad **Sliced chicken thigh** *(SWITZERLAND)* **Brown gravy** **Penne** **Romanesco florets** **Gala apple**	**GRTA green salad** **Gluten-free spaghetti** **Bolognese sauce with vegetables** *(SWITZERLAND)* **Apple compote**	**Vegetable soup** **Roasted poultry sausage** *(SWITZERLAND)* **Onion gravy** **Mashed potatoes with olive oil olive oil** **Salsify with parsley and garlic** **Organic coconut yogurt**	**Pumpkin soup** **Falafel** **Sweet and sour sauce** **Vegetarian fried rice** **Pear cake** *(SWITZERLAND)*	**GRTA green salad** **Roasted salmon fillet** fish *(NORWAY)* **Lemon wedge** **Oven-roasted baby potatoes** **Spinach béchamel** soy **Organic coconut yogurt**

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Week 48 Menu, Monday 23 November 2026 to Sunday 29 November 2026

Lunch

Monday 23/11	Tuesday 24/11	Wednesday 25/11	Thursday 26/11	Friday 27/11
Green lentil salad wheat, celery **Rice noodles** **Julienned vegetables and edamame** soy **Organic coconut yogurt**	**GRTA green salad** **Pollock fillet** fish *(NORTHEAST ATLANTIC)* **Dill sauce** **Oven-roasted baby potatoes** **Green beans** **Apple cake** *(SWITZERLAND)*	**Cauliflower soup** **Pork escalope** *(SWITZERLAND)* **Rosemary gravy** **Quinoa pilaf** **Sautéed vegetables** celery **Organic coconut yogurt**	**Vegetable soup** **Beef chili con carne** *(SWITZERLAND)* **White rice** **Banana**	**GRTA green salad** **Sliced chicken thigh** *(SWITZERLAND)* **Mushroom sauce** **Polenta** **GRTA Vichy carrots** **Orange**

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