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APPY BOWL

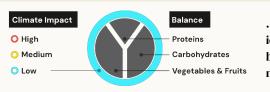
TRADITIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday
	Ceasar Salad Bowl (planted), Lettuce, carrots, cucum- ber, cherry toma- toes, Sliced planted,	Japanese buck- wheat soba noo- dles, Pak choi, mush- rooms, sweet potato, Perfect egg	Sushi rice, edamame, carrots and avoca- do, toasted sesame seeds, Silken tofu, Soy poke dressing	Spelt, Arrabbiata sauce, Mushrooms, spinach, feta cheese, pumpkin seeds	Bulgur, Roasted car- rots and courgettes, Vegetable samosas, Mint yoghurt sauce
	10.50 / 15.90	10.50 / 15.90	10.50 / 15.90	10.50 / 15.90	10.50 / 15.90
	Sweet and sour pork strips, Creole rice, Vegetable wok	Veal roulades braised in red wine, Mashed potatoes, Glazed carrots	Roasted chicken thigh with herbs, Meat juice, Cornette gratin, Provençal tomatoes	Minced beef steak, Red wine and shal- lot sauce, Polenta, Glazed carrots	Trout fillet meunière, White wine sauce, Ebly pilaf, Stir-fried salsify
	11.50 / 15.90	11.50 / 15.90	11.50 / 15.90	11.50 / 15.90	11.50 / 15.90
	Sea bream fillets seared in butter, Lemon and basil sauce, Beluga lentils, Braised fennel	Oriental couscous with chicken and merguez sausage, Beef meatballs, Veg- etable couscous	Dürüm kebab, Dill yo- ghurt sauce, Spicy cocktail sauce, Raw vegetables, Chips	Vaudois sausage in pastry crust, Meat juice, Gratin dauphi- nois, Seasonal veg- etables	Pizza Margherita, Int 13.50 / Ext 15.50, Piz- za of your choice, Int 15.50 / Ext 18.50
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