

# Le Jardin des Particules

## MENUS

Week 7

**From February 9th to 13th 2026**

| <b>Clovers' Specificities</b> | Clovers, Dahlia, Sunflowers, Jasmins & Lilacs                                                                                          |                                                          |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
|                               | <i>Monday 9th February 2026</i>                                                                                                        | Snack                                                    |
|                               | <b>Winter vegetable soup</b><br><b>Turkey escalope</b><br><b>Red beans &amp; sautéed vegetables</b><br><b>Gruyère cheese and bread</b> | <b>Plain Yogurt &amp; Pear Sauce</b>                     |
|                               | <i>Tuesday 10th February 2026</i>                                                                                                      | Snack                                                    |
|                               | <b>Grated carrot</b><br><b>Chicken nuggets</b><br><b>Wheat heart &amp; broccoli puree</b><br><b>Cottage cheese</b>                     | <b>Tangerine &amp; Bread and honey</b>                   |
|                               | <i>Wednesday 11th February 2026</i>                                                                                                    | Snack                                                    |
|                               | <b>Beetroot salad</b><br><b>Chickpea dumplings</b><br><b>Sautéed potatoes and spinach</b><br><b>Clementine</b>                         | <b>Milk &amp; Cereals &amp; Orange cubes</b>             |
|                               | <i>Thursday 12th February 2026</i>                                                                                                     | Snack                                                    |
|                               | <b>Vegetable soup</b><br><b>Vegetable spring rolls (baked)</b><br><b>Noodles &amp; butter beans</b><br><b>Apple-pear compote</b>       | <b>Plain yogurt &amp; Whole wheat bread &amp; Banana</b> |
|                               | <i>Friday 13th February 2026</i>                                                                                                       | Snack                                                    |
|                               | <b>Cauliflower soup</b><br><b>Hake fillet</b><br><b>Parmesan risotto &amp; squash cubes</b><br><b>Pineapple cube</b>                   | <b>Dar Vida &amp; Cheese to spread &amp; Apple</b>       |

Enjoy your meal !!