# Le Jardin des Particules

## MENUS

**Week 45**

*Du 7 au 11 novembre 2022*

<table>
<thead>
<tr>
<th>Myosotis Specificities</th>
<th>Trèfles - Cosmos - Classrooms 1 &amp; 2</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday, November 7th 2022</strong></td>
<td>Snack</td>
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</tbody>
</table>
| **Sauce apart** | Vegetable Minestrone Soup  
Sliced grilled chicken, Reunionese curry sauce  
Basmati rice  
Vichy carrot  
GRTA yogurt | Cracottes & Jam  
sugar less  
Myosotis (8):  
Cheese to spread |  |
| **Tuesday, November 8th 2022** | Snack |  |
| **Sauce apart** | GRTA mixed salad  
Hake fish and chips, calypso sauce  
Sweet potato  
Broccoli  
Cream cabbage | Seasonal Fruit  
& Biscuits  
Myosotis (8):  
Plain Yoghurt & Milk bread |  |
| **Wednesday, November 9th 2022** | Snack |  |
| **(8) Zucchini not grilled** | Dubarry velouté  
Pan-fried spruce with pumpkin & Turkey Julienne  
Grilled zucchini  
Banana | Yaourt fraise & Madeleines  
Myosotis (8):  
Pain & Gruyère |  |
| **Thursday, November 10th 2022** | Snack |  |
| **Snack** | Coleslaw salad  
Simmered seitan with mustard and little vegetables  
Semolina with grape  
Marbled beans  
Gruyère | Pear Sauce  
& Rice crackers |  |
| **Friday, November 11th 2022** | Snack |  |
| **Snack** | Carrot soup  
Roasted halibut fillet, velvety spinach  
Species in broth  
Cauliflower gratin  
Seasonal fruit salad | Corn bread &  
Cheese to spread |  |

**Enjoy your meal!**