

Au menu cette semaine



Monday

Pizza c/o Mr. Mozzarella (cheese, vegetarian, or pepperoni).

Tuesday

- 1- Breaded pork loin chop, lemon sauce, grilled tomato, olive oil mash potatoes.
- 2- Breaded zucchini, lemon sauce, grilled tomato, olive oil mash potatoes.

Wednesday

- 1- Ham, cheese, spinach & ricotta lasagna, side salad.
- 2- Mushrooms, cheese, spinach & ricotta lasagna, side salad.

Thursday

- 1- Sautéed chicken with summer peppers over buttery fettuccine.
- 2- Sautéed tofu with summer peppers over buttery fettuccine.

Friday

- 1- Shrimp à la provençale, rice.
- 2- Stuffed eggplant Imam Bayildi, rice

Fresh fruit is served with every meal.

Desserts :

Subject to change

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Monday

Pizza c/o Mr. Mozzarella (cheese, vegetarian, or pepperoni).

Tuesday

- 1 - Chicken Parmigiana, spaghetti in tomato sauce.
- 2- eggplant Parmigiana, spaghetti in tomato sauce.

Wednesday

- 1- Beef burrito, refried beans, Cilantro corn & rice.
- 2- Vegetarian burrito, refried beans, Cilantro corn & rice.

Thursday

- 1- Roasted trout fillet with apple, lemon, croutons, vegetable & potatoes.
- 2- Roasted tomato tart with Feta cheese, side salad.

Friday

- 1- Grilled cumin and coriander pork loin, peach chutney, couscous.
- 2- Stuffed zucchini boats vegan cheese gratin, couscous.

Fresh fruit is served with every meal.

Desserts :

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Monday

Pizza c/o Mr. Mozzarella (cheese, vegetarian, or pepperoni).

Tuesday

- 1- Slow cooked on charcoals pork loin, beets in baked potatoes styles.
- 2- Artichoke and roasted pepper quinoa casserole

Wednesday

- 1- Coconut and cilantro tilapia fillet, Basmati rice, oriental vegetable.
- 2- Cheese tortellini in tomato, spinach and parmesan sauce, side salad.

Thursday

- 1- Grilled, rosemary peppercorn flank steak, corn & grape tomatoes, fork mash potatoes.
- 2- Grilled, rosemary peppercorn tofu, corn & grape tomatoes, fork mash potatoes.

Friday

- 1- Duck in sour cherry sauce, roast potatoes, vegetables.
- 2- Spiced lentils and spinach pie.

Fresh fruit is served with every meal.

Desserts :

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Monday

Pizza c/o Mr. Mozzarella (cheese, vegetarian, or pepperoni).

Tuesday

- 1- Beef stuffed artichoke bottoms, green peas & potatoes.
- 2- Vegetarian stuffed artichoke bottoms, green peas & potatoes.

Wednesday

- 1- Sautéed chicken with peppers and onions over linguine pasta.
- 2- Sautéed tofu with peppers and onions over linguine pasta.

Thursday

- 1- Shrimps and chorizo in harissa sauce, Jambalay style.
- 2- Vegetarian jambalay in harissa sauce.

Friday

- 1- Snapper fillet with braised fennel in a light tomato sauce, basmati rice.
- 2- Grilled zucchini lasagna with goat cheese, side salad

Fresh fruit is served with every meal.

Desserts :

Subject to change

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Monday

Holiday- No Camps

Tuesday

- 1 -Honey lemon chicken thighs, Pineapple slaw, roasted potatoes.
- 2- Honey lemon grilled vegetable skewer, pineapple slaw, roasted potatoes.

Wednesday

- 1- Pork stir fry with summer vegetables atop penne in tomato sauce.
- 2- Summer pasta with zucchini, ricotta and basil.

Thursday

- 1-Beef émincé with wild mushrooms, basmati rice.
- 2- Near meat sautéed with wild mushrooms, Basmati rice

Friday

- 1- Fish and seafood bouillabaisse style.
- 2- Tarte provençale, Niçoise salad (no tuna).

Fresh fruit is served with every meal.

Desserts :

Subject to change