

## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 24. February	Tuesday, 25. February	Wednesday, 26. February	Thursday, 27. February	Friday, 28. February
<b>SOUP</b>  Lentil soup with herb croutons <i>approx 216.48 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>SOUP</b>  Minestrone soup with vegetables <i>approx 30.16 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>SOUP</b>  Muligatawny soup <i>approx 213.33 cal. / Origin Switzerland</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>SOUP</b>  Barley soup with vegetables <i>approx 136.90 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>SOUP</b>  Granny's vegetable cream soup <i>approx 191.86 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>
<b>ALPINE CUISINE</b>  Sliced pork Thyme gravy Rice pilaf Carrots with parsley <i>approx 904.45 cal. / Pork, Origin Switzerland</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>ALPINE CUISINE</b>  Beef meatloaf Mustard cream sauce Mashed potatoes Caponata <i>approx 622.41 cal. / Beef, Origin Switzerland</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>ALPINE CUISINE</b>  Rösti with tomatoes and alp cheese Vegetable with herbs Sugar loaf with apple <i>approx 922.62 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>ALPINE CUISINE</b>  Stuffed aubergine with Lamb mince, cous cous and raisins Yogurt dipping Arugula with pine nuts and pomegranate <i>approx 526.80 cal. / Origin Switzerland</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>ALPINE CUISINE</b>  Crispy cod fillet Remoulade sauce Wild rice Cream spinach <i>approx 709.53 cal. / Fish, Origin Germany</i> <b>INT / EXT CHF 8.50 / 11.50</b>
<b>AROUND THE WORLD</b> Beef ragout with gravy and herb Butter noodles Snap peas <i>approx 813.95 cal. / Beef, Origin Switzerland</i> <b>INT / EXT CHF 11.50 / 14.50</b>	<b>AROUND THE WORLD</b>  Turkey saltimbocca Provençale sauce Vegetables barley pan Broccoli with nut butter <i>approx 498.34 cal. / Pork, Origin Switzerland</i> <b>INT / EXT CHF 11.50 / 14.50</b>	<b>AROUND THE WORLD</b>  Jamaican Jerk Chicken Chicken thighs steaks Smokey pineapple relish Rice with sweet pepper Creole cabbage ragout <i>approx 727.47 cal. / Origin Switzerland</i> <b>INT / EXT CHF 11.50 / 14.50</b>	<b>AROUND THE WORLD</b> Tender turkey breast Marsalajus Tagliatelle pasta Ratatouille <i>approx 650.00 cal. / Origin Switzerland</i> <b>INT / EXT CHF 11.50 / 14.50</b>	<b>AROUND THE WORLD</b> Veal stew Green pepper sauce Parsley mash with olive oil Cauliflower with egg and breadcrumbs <i>approx 658.16 cal. / Beef, Origin Switzerland</i> <b>INT / EXT CHF 11.50 / 14.50</b>
<b>VEGI MENU</b>  Shakshouka Israeli egg dish with tomatoes and vegetables Pita-bread Spinach with onions and sumach <i>approx 470.66 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>VEGI MENU</b>  Penne Calabrese Basil cream sauce Oven roasted Zucchini <i>approx 536.14 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>VEGI MENU</b>  Seasonal fruit curry Spicy cucumber raita Sweet potato leek ragout Papadam Sugar peas <i>approx 589.41 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>VEGI MENU</b>  Marinated tofu scallopine Asian BBQ sauce Fried rice Chinese vegetables <i>approx 425.00 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>	<b>VEGI MENU</b>  Shawarma Crispy chickpea balls in pita bread Tahini sauce Tabouleh <i>approx 742.53 cal.</i> <b>INT / EXT CHF 8.50 / 11.50</b>
<b>HOT BUFFET</b>  Lemon chicken breast Wholemeal spiral pasta Bell pepper stripes with olives <i>Origin Switzerland On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i> <b>INT / EXT CHF 2.80 / 3.80 per 100 g</b>	<b>HOT BUFFET</b> Fried goldmakerel filet Lemonpepper sauce Zitrus rice Mediterranean mixed vegetables <i>Fish, Origin South-East Atlantic, Western Indian Ocean On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i> <b>INT / EXT CHF 2.80 / 3.80 per 100 g</b>	<b>HOT BUFFET</b>  Indian lamb ragout with tumeric, ginger and chilies Yellow cous cous with nuts Pak choi <i>Origin Switzerland On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i> <b>INT / EXT CHF 2.80 / 3.80 per 100 g</b>	<b>HOT BUFFET</b> Veal goulash Vienna style Bread dumplings Coleslaw <i>Beef, Origin Switzerland On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i> <b>INT / EXT CHF 2.80 / 3.80 per 100 g</b>	<b>HOT BUFFET</b>  Hot ham Dijon mustard sauce Lentils casserole Dried, braised beans <i>Pork, Origin Switzerland On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i> <b>INT / EXT CHF 2.80 / 3.80 per 100 g</b>
<b>DESSERT</b>  Almond pudding <i>approx 185.15 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>DESSERT</b> Berries amaretti trifle <i>approx 149.22 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>DESSERT</b> Orange cake <i>approx 238.55 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>DESSERT</b>  Sweet pumpkin cream <i>approx 125.12 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>	<b>DESSERT</b> Prune cappucino <i>approx 162.54 cal.</i> <b>INT / EXT CHF 1.80 / 2.50</b>