


















Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 09. December	Tuesday, 10. December	Wednesday, 11. December	Thursday, 12. December	Friday, 13. December
SOUP  Lentil soup with herb croutons <i>approx 216.48 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Minestrone soup with vegetables <i>approx 30.16 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Mulligatawny soup <i>approx 213.33 cal. / Origin Switzerland</i> INT / EXT CHF 1.80 / 2.50	SOUP  Barley soup <i>approx 136.90 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Vegetable cream soup <i>approx 191.86 cal.</i> INT / EXT CHF 1.80 / 2.50
ALPINE CUISINE  Sliced Pork Thyme gravy Rice pilaf Carrots with parsley <i>approx 857.61 cal. / Pork, Origin Switzerland</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Beef meatloaf Mustard cream sauce Mashed potatoes Caponata <i>approx 622.41 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Rösti with tomatoes and alp cheese Vegetable with herbs Sugar loaf with apple <i>approx 922.62 cal.</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  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> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE Crispy cod fillet Remoulade sauce Wild rice Cream spinach <i>approx 865.49 cal. / Fish, Origin Germany</i> INT / EXT CHF 8.50 / 11.50
AROUND THE WORLD Beef ragout with root gravy and herb Butter noodles Snap peas <i>approx 821.36 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Turkey saltimbocca Provençale Sauce Vegetables barley pan Broccoli with nut butter <i>approx 498.34 cal. / Pork, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Grilled chicken thighs steaks Smokey pineapple relish Rice with sweet pepper Creole cabbage ragout <i>approx 727.47 cal. / Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD Tender turkey breast Marsalajus Tagliatelle pasta Ratatouille <i>approx 650.00 cal. / Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Veal stew Green pepper sauce Parsley stew with olive oil Cauliflower with egg and breadcrumbs <i>approx 528.69 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50
VEGI MENU  Shakshouka Scrambled egg with vegetables Pitta-bread Portulak with onions and sumach <i>approx 470.66 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Penne Calabrese Basil cream sauce Zucchini out of the oven <i>approx 536.14 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Fruit curry Raita sauce Sweet potato and leek ragout Glazed sugar peas <i>approx 653.68 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Marinated tofu schnitzel Asian BBQ sauce Fried rice Chinese vegetables <i>approx 425.00 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Chickpea balls Tahini sauce Pita bread Sweet-sour pepper strips Tabouleh <i>approx 714.14 cal.</i> INT / EXT CHF 8.50 / 11.50
HOT BUFFET Lemon chicken breast Wholemeal pasta Sweet pepper strips and 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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET  Braised deer sliced Wild cream sauce Spinach spätzle Red cabbage <i>Origin Austria 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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET Indian lamb ragout 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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET 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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET  Hot ham Lentils casserole Dijon mustard sauce Dried 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> INT / EXT CHF 2.80 / 3.80 per 100 g
DESSERT  Almond pudding <i>approx 185.15 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT  Berry amaretti trifle <i>approx 149.22 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT Orange cake <i>approx 215.35 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT  Sweet pumkin cream <i>approx 125.12 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT  Prune cappucino <i>approx 162.54 cal.</i> INT / EXT CHF 1.80 / 2.50