Lunch on Monday, November 30, 2026

Name: _____ Room: _____

Starters

- Calf egg with mushrooms
- Fruit juice
- Soup of the day

Mains

- Milanese turkey (FR) cutlet
- Roast potatoes
- Steamed vegetables

or

- Hake steak (FAO37), ravigote sauce
- Roast potatoes
- Steamed vegetables

Desserts

- Finger Breton with caramel
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Monday, November 30, 2026

Name: _____ Room: _____

Starters

- Zucchini velvety
- Fruit juice
- Salad

Mains

- Conchiglioni Bolognese (CH)

or

- Assortment of cold cuts (CH) and green salad

Dessert

- Floating island vanilla caramel
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
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Lunch on Tuesday, December 1, 2026

Name: _____ Room: _____

Starters
- Rampon salad, virgin sauce
- Fruit juice
- Soup of the day

Mains
- Salmon piccata (NOR), lemon sauce
- Bramata
- Broccoli

or

- Candied lamb shoulder (IR)
- Bramata
- Broccoli

Desserts
- Creamy coffee
- Fresh fruit

Extras
- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Tuesday, December 1, 2026

Name: _____ Room: _____

Starters
- Parsnip soup
- Fruit juice
- Salad

Mains
- Autumn Vegetable Gratin

or

- Assortment from the aera: Tomme Vaudoise, Gruyère AOP, dried meat (CH) and condiment

Desserts
- Thin plum tart
- Fresh fruit

Extras
- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Wednesday, December 2, 2026

Name: _____ Room: _____

Starters

- Mixed Salad
- Fruit juice
- Soup of the day

Mains

- Cod (FAO 27) with tarragon
- Rice pilaf
- Pan-fried mushrooms with herbs

or

- Guinea fowl fricassee (FR) with supreme sauce
- Rice pilaf
- Pan-fried mushrooms with herbs

Desserts

- Raspberry and pistachio entremet
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Wednesday, December 2, 2026

Name: _____ Room: _____

Starters

- Sweet potato and coconut milk soup
- Fruit juice
- Salad

Mains

- Sardinian fregola risotto with shrimp and small vegetables

or

- Assortment of cheese and white ham (CH)

Desserts

- Apple crumble
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Thursday, December 3, 2026

Name: _____ Room: _____

Starters

- Green salad and avocado with lemon
- Fruit juice
- Soup of the day

Mains

- Grilled beef (CH) with chimichurri sauce
- Roasted young potatoes
- Seasonal vegetables

or

- Mushroom and cheese risotto

Desserts

- Chocolate praline mousse
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Thursday, December 3, 2026

Name: _____ Room: _____

Starters

- Cream of Jerusalem artichoke soup with almond milk
- Fruit juice
- Salad

Mains

- Chicken supreme with mustard sauce
- Rösti pancake
- Stir-fried vegetables

or

- Country-style pâté en croûte (CH) and green salad

Desserts

- Roasted pineapple
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Friday, December 4, 2026

Name: _____ Room: _____

Starters

- Grated celeriac
- Fruit juice
- Soup of the day

Mains

- Sea bream fillet (FAO 37) with candied tomatoes
- Basmati rice
- Snow peas

or

- Roasted squash salad with feta, walnuts, and arugula

Desserts

- Baba with lime
- Fresh fruit

Extras

- White bread
- Brown bread

Chopped Finely chopped Blended Smoothly blended
0.5 1.0 1.5 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Friday, December 4, 2026

Name: _____ Room: _____

Starters

- Peas velvety
- Fruit juice
- Salad

Mains

- Orecchiette with tuna and vegetable vinaigrette

or

- Squash and Chestnut Gratin

Desserts

- Chocolate Muffin
- Fresh fruit

Extras

- White bread
- Brown bread

Chopped Finely chopped Blended Smoothly blended
0.5 1.0 1.5 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Saturday, December 5, 2026

Name: _____ Room: _____

Starters

- Butternut velouté with hazelnuts
- Fruit juice
- Soup of the day

Mains

- Roasted veal (CH) with rosemary
- Mashed potatoes
- Braised leeks

Desserts

- Chocolate entremet
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Saturday, December 5, 2026

Name: _____ Room: _____

Starters

- Curried Leek Soup
- Fruit juice
- Salad

Mains

- Bacon quiche (CH)
- Green salad

or

- Assortment from the aera: Tomme Vaudoise, Gruyère AOP, dried meat (CH) and condiment

Desserts

- Apricot tart
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Sunday, December 6, 2026

Name: _____ Room: _____

Starters

- Beef carpaccio (CH)
- Fruit juice
- Soup of the day

Mains

- Pork osso bucco (CH) with gremolata
- Saffron risotto
- Roasted vegetables

Desserts

- Tiramisu
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation

Dinner on Sunday, December 6, 2026

Name: _____ Room: _____

Starters

- Carrot soup with cumin
- Fruit juice
- Salad

Mains

- Vegetarian lasagna

or

- Cheese quiche and green salad

Desserts

- Caramel cream
- Fresh fruit

Extras

- White bread
- Brown bread

- Chopped
- Finely chopped
- Blended
- Smoothly blended
- 0.5
- 1.0
- 1.5
- 2.0

VALMONT
Clinique privée de réadaptation