Lunch on Monday, November 23, 2026

Name: _____ Room: _____

Starters

Chicory salad with walnuts ☐
Fruit juice ☐
Soup of the day ☐

Mains

Burgundy Beef Stew (CH) ☐
Fregola sarda ☐
Pan-sautéed artichokes ☐
or
Cod (FAO 27), vegetable and olive oil sauce ☐
Fregola sarda ☐
Pan-sautéed artichokes ☐

Desserts

Thin apple 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

Dinner on Monday, November 23, 2026

Name: _____ Room: _____

Starters

Pumpkin velvety with nutmeg (V) ☐
Fruit juice ☐
Salad ☐

Mains

Salmon (NOR/Farm) with dill ☐
Cantonese fried rice ☐
or
Country-style pâté en croûte (CH) and green salad ☐

Dessert

coco flan ☐
Fresh fruit ☐

Extras

White bread ☐
Brown bread ☐

(V) Vegetarian
☐ Chopped ☐ Finely chopped ☐ Blended ☐ Smoothly blended
☐ 0.5 ☐ 1.0 ☐ 1.5 ☐ 2.0

VALMONT
Clinique privée de réadaptation

Lunch on Tuesday, November 24, 2026

Name: _____ Room: _____

Starters

- Bacon (CH) and Fig Salad
- Fruit juice
- Soup of the day

Mains

- Vegetable stuffed cannelloni (V)
- Rocket salad with seeds

or

- Beef Rumsteak (CH), low temperature, shallot confit
- Mashed potatoes
- Ratatouille

Desserts

- Paris-Brest
- Fresh fruit

Extras

- White bread
- Brown bread

(V) Vegetarian

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

VALMONT
Clinique privée de réadaptation

Dinner on Tuesday, November 24, 2026

Name: _____ Room: _____

Starters

- Creamy leek soup (V)
- Fruit juice
- Salad

Mains

- Free-range guinea fowl (FR) with spices (FR)
- Vegetables pot-au-feu

or

- Smoked salmon plate (NOR/Farmed), herb cream

Desserts

- Chocolate hazelnut sphere
- Fresh fruit

Extras

- White bread
- Brown bread

(V) Vegetarian

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

VALMONT
Clinique privée de réadaptation

Lunch on Wednesday, November 25, 2026

Name: _____ Room: _____

Starters

- Mixed Salad
- Fruit juice
- Soup of the day

Mains

- Setoise squid
- Basmati rice
- Grilled zucchini

or

- Cantonese Fried Rice with Pork (CH)

Desserts

- Raspberry macaron
- 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, November 25, 2026

Name: _____ Room: _____

Starters

- Jerusalem artichokes velvety
- Fruit juice
- Salad

Mains

- Roasted sea bream fillet (FAO 37)
- Green beans
- Roasted Potatoes

or

- Assortment of cold cuts (CH) and green salad

Desserts

- Baked pear
- 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, November 26, 2026

Name: _____ Room: _____

Starters

- Greek salad
- Fruit juice
- Soup of the day

Mains

- Pikeperch steak (Farm/PO), and basil
- Creamy polenta
- Garden vegetable mix

or

- Chicken stew (FR)
- Creamy polenta
- Garden vegetable mix

Desserts

- Coffee and 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 Thursday, November 26, 2026

Name: _____ Room: _____

Starters

- Peas velvety with mint
- Fruit juice
- Salad

Mains

- Grilled shrimps with garlic (Pacifique Nord-Ouest)
- Wheat semolina
- Vegetables in tomato juice

or

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

Desserts

- Apple tart Tatin and 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

Lunch on Friday, November 27, 2026

Name: _____ Room: _____

Starters

- Curly salad and avocado
- Fruit juice
- Soup of the day

Mains

- Grilled fish of the day (NOR/FAO 27)
- Noodles
- Steamed vegetables

or

- Wheat noodles with vegetables

Desserts

- Vanilla panna cotta with mango sauce
- 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, November 27, 2026

Name: _____ Room: _____

Starters

- Creamy potato
- Fruit juice
- Salad

Mains

- Turkey Vitello tonato (FR)
- French fries

or

- Smoked salmon terrine (FAO27) with lemon cream

Desserts

- Pistachio sand, raspberry confit
- 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, November 28, 2026

Name: _____ Room: _____

Starters

- Coleslaw (V)
- Fruit juice
- Soup of the day

Mains

- Grilled sea bream fillet (FAO 37), with white wine sauce
- Roasted potatoes
- Pan-sautéed root vegetables

Desserts

- Exotic dessert
- Fresh fruit

Extras

- White bread
- Brown bread

(V) Vegetarian

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

VALMONT
Clinique privée de réadaptation

Dinner on Saturday, November 28, 2026

Name: _____ Room: _____

Starters

- Zucchini velvety
- Fruit juice
- Salad

Mains

- Papardelle with chicken (FR) and crispy vegetable virgin sauce

or

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

Desserts

- Chocolate parfait
- 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, November 29, 2026

Name: _____ Room: _____

Starters

- Lemon Avocado Guacamole
- Fruit juice
- Soup of the day

Mains

- Grilled beef entrecôte (ARG) with shallots
- Pont Neuf Potatoes
- Eggplant caviar

Desserts

- Flan 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

Dinner on Sunday, November 29, 2026

Name: _____ Room: _____

Starters

- Carrot soup with spices
- Fruit juice
- Salad

Mains

- Grilled chicken supreme (FR)
- Ebly risotto with vegetables

or

- Mixed salad with dried meat (CH)

Desserts

- Chocolate brownie
- 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