



LACTOSE-FREE MENU



EURO SPACE CENTER

MONDAY — TUESDAY — WEDNESDAY — THURSDAY — FRIDAY — SATURDAY — SUNDAY

MORNING

Buffet + lactose-free cheese

LUNCH

Soup of the day
veggie meatball, tomato sauce, rice, melting carrots

Fruit

GOÛTER

Lactose-free marble cake + apple juice

DINNER

Soup of the day
Macaroni sauce with oat milk

Vanilla Alpro (soy cream)

MORNING

Buffet + sliced ham

LUNCH

Soup of the day
Veggie nuggets, steamed potatoes, applesauce

Fruit

SNACK

Lactose-free brownies + juice
multifruit

DINNER

Soup of the day
Charcuterie buffet on plate, bread and minarine

or

Vegetable nem

Biskoff Alpro (soy cream)

MORNING

Buffet + scrambled eggs

LUNCH

Soup of the day
Burger, fries, mixed iceberg salad, tomato and bread

Fruit

GOÛTER

Lactose-free Madeleines + juice

DINNER

Soup of the day
Lactose-free lasagna

ou

Vegetable tortilla

Lactose-free vanilla ice cream

MORNING

Buffet + lactose-free cheese

LUNCH

Soup of the day
Vegetarian crispy, rice and green beans

Fruit

GOÛTER

Lactose-free chocolate waffle + orange juice

DINNER

Soup of the day
Cold cuts

ou

Vegetarian gyros and rice

Chocolate Alpro (soy cream)

MORNING

Buffet + sliced ham

LUNCH

Soup of the day
Breaded fish, potatoes and ratatouille of vegetables

Fruit

GOÛTER

Lactose-free Madeleines + apple juice

DINNER

Soup of the day
Spaghetti pesto, bread and minarine

ou

Vegetarian gyros and rice

Caramel Alpro (soy cream)

MORNING

Buffet + lactose-free cheese

LUNCH

Soup of the day
Vegetarian burger pattys, fries and salad

Fruit

GOÛTER

Lactose-free brownies + juice

DINNER

Soup of the day
Lactose-free lasagna

ou

Chicken and vegetable nem

Biskoff Alpro (soy cream)

MORNING

Buffet + lactose-free cheese

LUNCH

Soup of the day
Sausage, potatoes and green beans

Fruit

GOÛTER

Lactose-free marble cake + multi-fruit juice

DINNER

Soup of the day
Lactose-free pizza

Lactose-free ice creams



Breakfast buffet: white and brown bread (toasted or not), confitures, spreads, minarine, cold milk, hot chocolate, coffee or tea one glass of apple juice per person, water

Last modified: 03/2026 - subject to change.