

# LISTE DES ALLERGÈNES

| Date                             | Plat  | Lait                  | Blé /<br>Gluten | Oeuf | Poisson | Sulfites | Fruits à<br>coques | Crustac<br>és | Mollusq<br>ues | Soja | Céleri | Arachid<br>es | Moutar<br>de | Sésame | Lupin |
|----------------------------------|---|-----------------------|-----------------|------|---------|----------|--------------------|---------------|----------------|------|--------|---------------|--------------|--------|-------|
| <b>Période du 1 mai au 7 mai</b> |   | <b>Menu 1er choix</b> |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mar 2 mai                        | Jus de pomelo                                 |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Escalope de veau hachée grand mère            | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                  | Tortis tricolores                             |                       | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Gouda bio                                     | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Flan nappé au caramel                         | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mer 3 mai                        | Friand au fromage                             | X                     | X               | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Bœuf sauté sauce bercy                        | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                  | Carottes bio ciboulette                       |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Tomme noire                                   | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Kiwi bio                                      |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| jeu 4 mai                        | Salade haricots vert BIO                      |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                  | Sauté de porc à l'andalouse                   | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                  | Sauté de dinde sauce andalouse                | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                  | Pommes campagnardes                           |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Fromage blanc nature                          | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Banane bio                                    |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Vinaigrette maison à la moutarde à l'ancienne |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                  | Crème de marrons                              |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| ven 5 mai                        | Concombre en salade                           |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Brandade de poisson à la purée BIO            | X                     |                 |      | X       |          |                    |               |                |      |        |               |              |        |       |
|                                  | Salade verte                                  |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Camembert                                     | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Beignet à l'Abricots                          | X                     | X               | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                  | Vinaigrette traditionnelle à la ciboulette    |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |

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|-----------------------------------|---|-----------------------|-----------------|------|---------|----------|--------------------|---------------|----------------|------|--------|---------------|--------------|--------|-------|
| <b>Période du 8 mai au 14 mai</b> |   | <b>Menu 1er choix</b> |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mar 9 mai                         | Salade de coquillettes bio au thon et à la mayonnaise |                       | X               | X    | X       | X        |                    |               |                |      |        |               | X            |        |       |
|                                   | Omelette  |                       |                 | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Mélan légume har plat soleil                          |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Carré de l'est bio                                    | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Pommes Golden   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mer 10 mai                        | Melon vert  |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Pilons de poulet rôti au jus                          | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                   | Purée de céleri et pommes de terre                    | X                     |                 |      |         |          |                    |               |                | X    | X      |               |              |        |       |
|                                   | Mimolette   | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Compote pomme-banane bio                              |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| jeu 11 mai                        | Carottes râpées maison bio                            |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Cordon bleu   | X                     | X               | X    |         |          |                    |               |                | X    | X      |               | X            |        |       |
|                                   | Epinards bio à la crème                               | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Petit suisse nature et sucre                          | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Tarte normande fraîche                                | X                     | X               | X    |         |          |                    |               |                |      |        |               |              |        | X     |
|                                   | Cubes d'emmental                                      | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Vinaigrette tradi au miel                             |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
| ven 12 mai                        | Rillettes et cornichons                               |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                   | Roulade de volaille et cornichons                     |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                   | Pavé de poisson mariné au citron                      | X                     | X               |      | X       |          |                    |               |                |      |        |               |              |        |       |
|                                   | Semoule bio et jus                                    | X                     | X               |      |         |          |                    |               |                |      | X      |               |              |        |       |
|                                   | Fromy   | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Fraises et sucre                                      |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                   | Chantilly en bombe                                    | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |

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|------------------------------------|--|-----------------------|-----------------|------|---------|----------|--------------------|---------------|----------------|------|--------|---------------|--------------|--------|-------|
| <b>Période du 15 mai au 21 mai</b> |  | <b>Menu 1er choix</b> |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| lun 15 mai                         | Poireaux et thon vinaigrette                   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Tomate farcies nappées de sauce tomate         | X                     | X               | X    |         | X        |                    |               |                | X    |        |               |              |        |       |
|                                    | Mélange 4 céréales Bio                         |                       | X               |      |         |          |                    |               |                | X    |        |               |              |        |       |
|                                    | Bûchette mi-chèvre                             | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Orange   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette traditionnelle à l'échalote        |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
| mar 16 mai                         | Salade strasbourgeoise                         | X                     | X               | X    |         | X        |                    |               |                | X    |        |               | X            |        |       |
|                                    | Salade de riz à la catalane                    |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                    | Cube de hoki pané                              | X                     | X               |      | X       |          |                    |               |                |      |        |               |              |        |       |
|                                    | Bouquet de brocolis béchamel                   | X                     | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Yaourt Les 2 vaches bio au citron              | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Kiwi bio                                       |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Citron   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mer 17 mai                         | Salade verte bio                               |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Segment de pomelos au sirop.                   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Gigot d'agneau au jus                          | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                    | Lentilles bio                                  |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Croq lait                                      | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Semoule au lait à la vanille                   | X                     | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | ANNEXES 19                                     |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
| jeu 18 mai                         | Salade de tomates bio                          |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Escalope de porc dijonnaise                    | X                     | X               |      |         | X        |                    |               |                |      |        |               |              | X      |       |
|                                    | Escalope de dinde dijonnaise                   | X                     | X               |      |         | X        |                    |               |                |      |        |               |              | X      |       |
|                                    | Pommes smiles                                  |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Emmental                                       | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Poires au sirop                                |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette traditionnelle colza/huile d'olive |                       |                 |      |         | X        |                    |               |                |      |        |               |              | X      |       |
|                                    | Dés de féta                                    | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| ven 19 mai                         | Salade coleslaw                                |                       |                 | X    |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                    | Filet Cabillaud 4 épices                       | X                     | X               |      | X       |          |                    |               |                |      |        |               |              |        |       |
|                                    | Purée de pommes de terre et courgettes BIO     | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Saint Nectaire                                 | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Cake aux amandes maison                        | X                     | X               | X    |         |          | X                  |               |                |      |        |               |              |        |       |

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|------------------------------------|---|-----------------------|-----------------|------|---------|----------|--------------------|---------------|----------------|------|--------|---------------|--------------|--------|-------|
| <b>Période du 22 mai au 28 mai</b> |   | <b>Menu 1er choix</b> |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| lun 22 mai                         | Macédoine de légumes                    |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Rôti de canard farci aux marrons        | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                    | Riz bio pilaf                           |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Coeur de dame                           | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Morceaux gourmands d'ananas frais bio   |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette maison                      |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
| mar 23 mai                         | Concombre BIO crème ciboulette          | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Sauté de veau sauce marengo             | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                    | Légumes du pot au feu                   |                       | X               |      |         |          |                    |               |                | X    |        |               |              |        |       |
|                                    | Fromage blanc aux fruits                | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Cake au chocolat blanc                  | X                     | X               | X    |         |          |                    |               |                |      |        |               |              |        |       |
| mer 24 mai                         | Courgette râpée et oeuf                 |                       |                 | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Lasagnes à la bolognaise                | X                     | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Salade verte bio                        |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Yaourt nature bio et sucre              | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Fraises et sucre                        |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette traditionnelle à l'échalote |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |

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|------------------------------------|--|-----------------------|-----------------|------|---------|----------|--------------------|---------------|----------------|------|--------|---------------|--------------|--------|-------|
| <b>Période du 29 mai au 4 juin</b> |  | <b>Menu 1er choix</b> |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| lun 29 mai                         | Pâté de campagne                           | X                     | X               |      |         | X        |                    |               |                |      |        |               |              |        |       |
|                                    | Pâté de volaille                           | X                     |                 | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Raviolis                                   | X                     | X               | X    |         |          |                    |               |                |      | X      |               | X            |        |       |
|                                    | Petit suisse aux fruits bio                | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Pommes rouge bio                           |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Fromage râpé                               | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mar 30 mai                         | Salade de lentilles                        |                       |                 |      |         | X        |                    |               |                |      | X      |               | X            |        |       |
|                                    | Omelette aux fines herbes                  |                       |                 | X    |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Chou-fleur béchamel                        | X                     | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Fol Epi petit roulé                        | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Banane                                     |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette maison                         |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |
|                                    | Fromage râpé                               | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
| mer 31 mai                         | Salade grecque                             | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Rôti de boeuf au jus                       | X                     | X               | X    |         | X        |                    |               |                |      |        |               |              |        |       |
|                                    | Piperade et blé                            |                       | X               |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Gouda                                      | X                     |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Compote pomme-ananas                       |                       |                 |      |         |          |                    |               |                |      |        |               |              |        |       |
|                                    | Vinaigrette traditionnelle à la ciboulette |                       |                 |      |         | X        |                    |               |                |      |        |               | X            |        |       |

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|------------------------------------|--------------------------------|-----------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 29 mai au 4 juin</b> |                                | <b>Menu 1er choix</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| jeu 1 juin                         | Pastèque                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Chipolatas                     |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Merguez douce                  | X                     |              |      |         |          |                 |           |            |      |        |           | X        |        |       |
|                                    | Pommes boulangère              |                       |              | X    |         |          |                 |           |            |      | X      |           |          |        |       |
|                                    | Tomme blanche                  | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Crème dessert à la vanille bio | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| ven 2 juin                         | Salade de fusilli bio au pesto |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Cube colin saumon nantua       | X                     | X            | X    | X       | X        |                 | X         | X          |      |        |           |          |        |       |
|                                    | Haricots verts/beurre tomate   |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fromage fondu Président        | X                     |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Cerises                        |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fruit bio                      |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |

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|-------------------------------------|---|-----------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 5 juin au 11 juin</b> |   | <b>Menu 1er choix</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mar 6 juin                          | Taboulé                                   |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Escalope de poulet au jus                 | X                     | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                     | Julienne de légumes aux parfums du jardin |                       |              |      |         |          |                 |           |            |      | X      |           |          |        |       |  |
|                                     | Fromage blanc aux fruits                  | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Pommes rouge bio                          |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mer 7 juin                          | Radis et beurre                           |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Bœuf sauté au paprika                     |                       | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Purée PDT potiron brocoli BIO.            |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Camembert bio                             | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Yaourt Les 2 vaches bio à la myrtille     | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| jeu 8 juin                          | Tarte au fromage                          | X                     | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Rôti de veau                              |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Pommes sautées                            |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Edam                                      | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Fraises et sucre                          |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Dosette de moutarde                       |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
|                                     | Chantilly en bombe                        | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Dosette de ketchup                        |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| ven 9 juin                          | Melon jaune bio                           |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Bolognaise au thon                        | X                     |              | X    | X       | X        |                 |           |            |      |        |           |          |        |       |  |
|                                     | Spaghetti bio                             |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Tartare nature 16GrS                      | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                     | Carpaccio d'ananas au sirop               |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |

# LISTE DES ALLERGÈNES

| Date                                 | Plat   | Lait                  | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|--------------------------------------|--|-----------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 12 juin au 18 juin</b> |  | <b>Menu 1er choix</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| lun 12 juin                          | Gaspacho                                       |                       |              | X    |         |          |                 |           |            |      | X      |           |          |        |       |  |
|                                      | Nuggets de volaille                            | X                     | X            |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                      | Chou romanesco antilles                        |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Fromage et laitage manquant                    |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Cake à l'orange maison                         | X                     | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Miel   |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Dosette de mayonnaise                          |                       |              | X    |         | X        |                 |           |            |      |        |           | X        |        |       |  |
| mar 13 juin                          | Salade de Betteraves                           |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Tajine d'agneau                                | X                     | X            |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                      | Semoule bio                                    |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Montboissier                                   | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Nectarine bio                                  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Abricots secs                                  |                       |              |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                      | Vinaigrette maison                             |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
| mer 14 juin                          | Pastèque                                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Pizza à la volaille et aux champignons         | X                     | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Salade verte                                   |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Coeur de dame                                  | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Compote pomme-fraise bio                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Vinaigrette maison                             |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
| jeu 15 juin                          | Salade de blé bio catalane                     |                       | X            |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
|                                      | Rôti de porc mimolette                         | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Rôti de dinde mimolette                        | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Petits pois et carottes                        |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Saint Paulin                                   | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Cerises  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| ven 16 juin                          | Concombre en salade                            |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Boule soja toma bas méditerran.                | X                     |              | X    |         | X        |                 |           |            | X    |        |           | X        |        |       |  |
|                                      | Riz bio créole                                 |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Tomme bio                                      | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Crème aux Oeufs                                | X                     |              | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Vinaigrette traditionnelle colza/huile d'olive |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |



# LISTE DES ALLERGÈNES

| Date                                 | Plat  | Lait                  | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|--------------------------------------|---|-----------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 19 juin au 25 juin</b> |   | <b>Menu 1er choix</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| lun 19 juin                          | Carottes râpées maison bio                              |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Sauté de canard au jus                                  | X                     | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                      | Ratatouille bio et blé bio                              |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Mimolette   | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Liégeois au café  | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | ANNEXES 19  |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
| mar 20 juin                          | Poireaux vinaigrette                                    |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Saucisses de Francfort                                  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Saucisses Francfort à la volaille                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Pommes de terre au gratin                               | X                     | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Fromage blanc nature                                    | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Abricots  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Mais  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Vinaigrette à l'huile d'olive et au vinaigre balsamique |                       |              |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|                                      | Crème de marrons  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mer 21 juin                          | Salade de tomates                                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Colin brésilienne                                       | X                     | X            | X    | X       |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Pate 1/2 complete Bio                                   |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Coulommiers   | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Soupe de framboises maison                              |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Madeleine   |                       | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Vinaigrette maison                                      |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
| jeu 22 juin                          | Salade de riznoisbio                                    |                       |              |      | X       | X        |                 |           |            |      |        |           | X        |        |       |  |
|                                      | Steak haché sauce dijonnaise                            | X                     | X            |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
|                                      | Jardinière de légumes persillée                         |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Fol Epi petit roulé                                     | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Mélon charentais  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| ven 23 juin                          | Pain brunoise à l'aneth                                 | X                     | X            | X    |         | X        |                 |           |            |      | X      |           | X        |        |       |  |
|                                      | Filet de hoki et citron                                 |                       | X            |      | X       |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Epinards à la crème                                     | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Yaourt brassé fraise BIO.                               | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|                                      | Pommes rouge bio  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |

# LISTE DES ALLERGÈNES

| Date                                   | Plat                                       | Lait                  | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|--|--|-----------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 26 juin au 2 juillet</b> |  | <b>Menu 1er choix</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| lun 26 juin                            | Salade de coquillettes bio au pesto        |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Sauté de porc au curry                     | X                     | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Sauté de dinde au curry                    | X                     | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Courgettes BIO cube béchamel               | X                     | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromy                                      | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Abricots                                   |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mar 27 juin                            | Pastèque                                   |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Filet de colin lieu sauce basquaise        | X                     | X            | X    | X       | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Riz bio aux petits légumes bio             |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pointe de Brie                             | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Compote pomme-cassis                       |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mer 28 juin                            | Crêpe au fromage                           | X                     | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Blanc poulet champignon                    | X                     | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Flan de julienne de légumes                | X                     |              | X    |         |          |                 |           |            |      | X      |           |          |        |       |  |
|  | Cantal                                     | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pêche bio                                  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| jeu 29 juin                            |  |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Rôti de boeuf aux figues                   | X                     | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Purée de patates douces et pommes de terre | X                     | X            |      |         |          | X               |           |            | X    |        |           |          |        |       |  |
|  | Petit suisse nature sans sucre             | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Dessert de Pâques                          |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Vinaigrette traditionnelle au persil       |                       |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
|  | Topping mangue Abricots                    |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| ven 30 juin                            | Melon jaune bio                            |                       |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Filet de saumon à l'oseille                | X                     | X            | X    | X       | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Gnocchi                                    |                       | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Gouda bio                                  | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Crème dessert au caramel                   | X                     |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |