


















































































































Liste des 14 allergènes principaux par recette



















| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|  | Lundi 04 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Betterave Bio | | | | | | | | | | | | | | |
|  | Poisson blanc meuniere | | X | | X | | | | | | | | | | |
|  | Pommes frites | | | | | | | | | | | | | | |
|  | Gouda Bio | X | | | | | | | | | | | | | |
|  | Compote pommes Bio | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Mardi 05 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Salade verte Bio | | | | | | | | | | | | | | |
|  | Sauté de bœuf bobotie | | X | | | X | | | | | | | X | | |
|  | Puree de courgettes et pommes de terre | X | | | | | | | | | | | | | |
|  | Yaourt nature sucré | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Mercredi 06 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Courgettes Bio râpées au pistou | X | | X | | | X | | | | | | | | |
|  | Escalope de dinde à la provençale | | X | | | X | | | | | | | | | |
|  | Quinoa pilaf | | | | | | | | | | | | | | |
|  | Tomme blanche | X | | | | | | | | | | | | | |
|  | Far breton aux pruneaux | X | X | X | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Jeudi 07 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Carottes râpées Bio vinaigrette du terroir | | | | | X | | | | | | | X | | |
|  | Galette saucisse Bretonne | | | | | | | | | | | | | | |
|  | Haricots blancs à la bretonne | X | | | | | | | | | | | | | |
|  | Saint-Paulin | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |

Liste des 14 allergènes principaux par recette






































| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
| Lundi 11 Mai - Déjeuner | | | | | | | | | | | | | | |
|  Salade verte Bio | | | | | | | | | | | | | | |
|  Escalope de poulet au jus | X | | | | | | | | | | | | | |
|  Pommes sautées | | | | | | | | | | | | | | |
|  Vache qui rit Bio | X | | | | | | | | | | | | | |
|  Fruits de saison Bio | | | | | | | | | | | | | | |
| Mardi 12 Mai - Déjeuner | | | | | | | | | | | | | | |
|  Coleslaw Bio | | | X | | | | | | | | | X | | |
|  Couscous végétarien | | X | | | | | | | X | | | | | |
|  Camembert Bio | X | | | | | | | | | | | | | |
|  Fromage blanc à la crème de marrons | X | | | | | | | | | | | | | |
| Mercredi 13 Mai - Déjeuner | | | | | | | | | | | | | | |
|  Salade de pâtes au surimi | | X | X | X | X | | X | | | | | X | | |
|  Emincé de bœuf aux oignons sauce soja | | X | | | | | | | | X | | | | |
|  Epinards à la crème | X | | | | | | | | | | | | | |
|  Edam Bio | X | | | | | | | | | | | | | |
|  Mousse chocolat au lait | X | | | | | | | | | | | | | |

Liste des 14 allergènes principaux par recette

| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|  | Lundi 18 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Betterave Bio | | | | | | | | | | | | | | |
|  | Cordon bleu | X | X | | | | | | | | X | | | | |
|  | Pommes frites | | | | | | | | | | | | | | |
|  | Edam Bio | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Mardi 19 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Salade de pommes de terre au thon | | | | X | | | | | | | | | | |
|  | Pavé de colin à la portugaise | X | X | | X | X | | | | | | | | | |
|  | Brocolis | | | | | | | | | | | | | | |
|  | Gouda Bio | X | | | | | | | | | | | | | |
|  | Yaourt aux fruits | X | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Mercredi 20 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Cèleri rémoulade Bio | | | X | | | | | | X | | | X | | |
|  | Emincé de porc au gingembre et au miel | X | X | | | | | | | | | | | | |
|  | Riz thaï | | | | | | | | | | | | | | |
|  | Brie | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Jeudi 21 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Endives au picaililli, légumes croquants épicés | X | | X | | X | | | | | | | X | | |
|  | Penne bolognaise | | X | | | | | | | X | | | | | |
|  | Camembert | X | | | | | | | | | | | | | |
|  | Compote pommes bananes | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Vendredi 22 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Œufs durs mayonnaise | | | X | | X | | | | | | | X | | |

| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustac és | Mollusq ues | Céleri | Soja | Arachid es | Moutard e | Sésame | Lupin |
|  Gratin végétarien aux champignons Bio | X | | | | | | | | | | | | | |
|  Brie Bio | X | | | | | | | | | | | | | |
|  Yaourt aux fruits | X | | | | | | | | | | | | | |
|  Pain | | X | | | | | | | | | | | | |

Liste des 14 allergènes principaux par recette

| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|-----------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|  | Mardi 26 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Salade verte Bio | | | | | | | | | | | | | | |
|  | Poisson blanc meuniere | | X | | X | | | | | | | | | | |
|  | Pomme quartier épicée | | | | | | | | | | | | | | |
|  | St Môret Bio | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |
|  | Mercredi 27 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Taboulé Bio | | X | | | X | | | | | | | | | |
|  | Escalope de dinde sauce moutarde | X | X | | | X | | | | | | | X | | |
|  | Carottes laquées | X | | | | | | | | | | | | | |
|  | Vache qui rit Bio | X | | | | | | | | | | | | | |
|  | Yaourt brassé aux fruits Bio | X | | | | | | | | | | | | | |
|  | Jeudi 28 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Chou blanc aux raisins Bio | | | | | X | | | | | | | X | | |
|  | Chipolatas aux herbes | | | | | | | | | | | | | | |
|  | Riz aux petits légumes Bio | X | | | | | | | | | | | | | |
|  | Camembert | X | | | | | | | | | | | | | |
|  | Clafoutis pêches | X | X | X | | | | | | | | | | | |
|  | Vendredi 29 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Salade de lentilles | | | | | | | | | | | | | | |
|  | Mac and cheese | X | X | | | | | | | | | | | | |
|  | Yaourt vanille Bio | X | | | | | | | | | | | | | |
|  | Fruits de saison Bio | | | | | | | | | | | | | | |