Les allergènes : Semaine 1 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 1 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Salade de riz et thon | | X | | | | | | X | X | X | X | | X | |
| | Paupiette de veau | X | X | | | | | X | | | | X | X | X | |
| | Chou fleur braisé | | | | | | | X | | | | | | | |
| | Tomme de brebis | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Carottes râpées | | | | | | | | | | | | | | |
| | Emincé de dinde | | | | | | | | | | | | | | |
| | Pâtes | X | | | | | | | | | | X | X | | |
| | Brie | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Taboulé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Boeuf à l'italienne | X | X | | | | | X | | | | | X | X | |
| | Purée de potiron | | | | | | | X | | | | | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Tarte aux pommes | X | X | X | X | X | | | | | | X | X | | |
| JEUDI | Salade de batteraves rouges râpées | | | | | | | X | | | | | | | |
| | Chili végétarien | X | X | | | | | X | | | | X | X | X | |
| | Fromage fondu | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Mousse de canard | X | | X | | | | | | | | X | X | | |
| | Filet de colin au citron | X | X | | | | | X | X | X | X | | X | X | |
| | Epinards à la crème | X | | | | | | | | | | X | X | X | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 1 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 1 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Salade de riz et thon | | X | | | | | | X | X | X | X | | X | |
| | Filet de poisson | | | | | | | | X | | | | | | |
| | Chou fleur braisé | | | | | | | X | | | | | | | |
| | Tomme de brebis | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Carottes râpées | | | | | | | | | | | | | | |
| | Galette de boulgour H-Rouges aux poivrons à la mexicaine | X | X | | | | | X | X | | | X | X | | |
| | Pâtes | X | | | | | | | | | | X | X | | |
| | Brie | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Taboulé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Purée de potiron | | | | | | | X | | | | | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Tarte aux pommes | X | X | X | X | X | | | | | | X | X | | |
| JEUDI | Salade de batteraves rouges râpées | | | | | | | X | | | | | | | |
| | Chili végétarien | X | X | | | | | X | | | | X | X | X | |
| | Fromage fondu | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Rillettes de thon | X | X | X | X | X | X | X | X | X | X | X | X | X | X |
| | Filet de colin au citron | X | X | | | | | X | X | X | X | | X | X | |
| | Epinards à la crème | X | | | | | | | | | | X | X | X | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 2 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 2 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Soupe poireaux et pommes de terre | X | | | | | | X | | | | X | X | X | |
| | Escalope de veau | | | | | | | | | | | | | | |
| | Petitis-pois | X | X | | | | | X | | | | | | | |
| | Bonbel | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Salade de blé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Filet de poisson meunière | X | X | | | | | X | X | X | X | X | X | X | |
| | Poêlée de carottes | | | | | | | X | | | | | | | |
| | Tomme blanche | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Lentilles en salade | | | | | | | | | | | X | | | |
| | Tarte aux poireaux-chèvre | X | | | | | | X | X | X | X | X | X | X | |
| | Salade verte | | | | | | | | | | | | | | |
| | Fromage ail et fines herbes | | | X | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| JEUDI | Salade de pâtes | X | | | | | | | X | | | X | | | |
| | Omelette aux fines herbes | | | | | | | | | | | X | X | | |
| | Gratin de courge | X | X | | | | | X | | | | X | X | X | |
| | Flan au chocolat | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Salade de mâche, maïs, dés de jambon et cantal | | | | | | | | | | | | X | | |
| | Dos de cabillaud sauce curry | X | X | | | | | X | X | X | X | X | X | X | |
| | Riz | X | | | | | | | | | | X | X | X | |
| | Fromage blanc nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 2 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 2 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Soupe poireaux et pommes de terre | X | | | | | | X | | | | X | X | X | |
| | Oeuf dur et mayonnaise | X | X | X | | | | | X | X | X | X | X | X | X |
| | Petitis-pois | X | X | | | | | X | | | | | | | |
| | Bonbel | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Salade de blé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Filet de poisson meunière | X | X | | | | | X | X | X | X | X | X | X | |
| | Poêlée de carottes | | | | | | | X | | | | | | | |
| | Tomme blanche | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Lentilles en salade | | | | | | | | | | | X | | | |
| | Tarte aux poireaux-chèvre | X | | | | | | X | X | X | X | X | X | X | |
| | Salade verte | | | | | | | | | | | | | | |
| | Fromage ail et fines herbes | | | X | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| JEUDI | Salade de pâtes | X | | | | | | | X | | | X | | | |
| | Omelette aux fines herbes | | | | | | | | | | | X | X | | |
| | Gratin de courge | X | X | | | | | X | | | | X | X | X | |
| | Flan au chocolat | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Salade de mâche, maïs, cantal et surimi | | | | | | | | X | X | X | | X | | |
| | Dos de cabillaud sauce curry | X | X | | | | | X | X | X | X | X | X | X | |
| | Riz | X | | | | | | | | | | X | X | X | |
| | Fromage blanc nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 3 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 3 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Pois-chiche en salade | | | | | | | | | | | | | X | X |
| | Rissolette de veau | X | X | | | | | | | | | | | | |
| | Fondue de poireaux | X | X | | | | | X | | | | X | X | X | X |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Croisillon champignons | X | | X | | X | | X | X | X | X | X | X | X | |
| | Dahl de lentilles | X | X | | X | X | X | X | X | X | X | X | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Tomme noire des Pyrénées | | | | | | | | | | | | X | | |
| | Beignet au chocolat | X | X | X | X | | | | | | | X | X | | |
| MERCREDI | Salade penne au poulet | X | | | | | | X | X | X | X | X | X | X | |
| | Filet de hocki | | | | | | | | X | | | | | | |
| | Galettes brocolis-carottes | X | | | | | | X | | | | X | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Salade beaucaire | | | | | | | X | | | | | | | |
| | Porc aux olives | X | X | | | | | X | | | | X | X | X | X |
| | Poêlée de de nouilles asiatiques | X | X | | | | | | | | | | | X | |
| | Fromage de chèvre | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| VENDREDI | Potage St-Germain | X | | | | | | X | | | | X | X | X | |
| | Rôti d'agneau | | | | | | | | | | | | | | |
| | Riz sauce tomate | X | | | | | | | | | | X | X | X | |
| | Petit-suisse aux fruits | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 3 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 3 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Pois-chiche en salade | | | | | | | | | | | | | X | X |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Fondue de poireaux | X | X | | | | | X | | | | X | X | X | X |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Croisillon champignons | X | | X | | X | | X | X | X | X | X | X | X | |
| | Dahl de lentilles | X | X | | X | X | X | X | X | X | X | X | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Tomme des Pyrénées | | | | | | | | | | | | X | | |
| | Beignet au chocolat | X | X | X | X | | | | | | | X | X | | |
| MERCREDI | Salade penne avec thon | X | | | | | | X | X | X | X | X | X | X | |
| | Filet de hocki | | | | | | | | X | | | | | | |
| | Galettes brocolis-carottes | X | | | | | | X | | | | X | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Salade beaucaire avec oeuf dur | | | | | | | X | | | | X | | | |
| | Galette de boulgour H-Rouges aux poivrons à la mexicaine | X | X | | | | | X | X | | | X | X | | |
| | Poêlée de de nouilles asiatiques | X | X | | | | | | | | | | | X | |
| | Fromage de chèvre | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| VENDREDI | Potage St-Germain | X | | | | | | X | | | | X | X | X | |
| | Filet de poisson | | | | | | | | X | | | | | | |
| | Riz sauce tomate | X | | | | | | | | | | X | X | X | |
| | Petit-suisse aux fruits | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 4 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 4 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Crème de Potiron | X | | | | | | X | | | | X | X | X | |
| | Risotto au parmigiano et reggiano | X | | | | | | X | X | X | X | X | X | X | |
| | | | | | | | | | | | | | | | |
| | Comté | | | | | | | | | | | | X | | |
| | Liégeois vanille et caramel | | | | | | | | | | | | X | | |
| MARDI | MENU A THEME | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| MERCREDI | Salade pommes de terre et thon | | | | | | | | X | X | X | | | | |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Brocolis | | X | | | | | X | | | | | | | |
| | Coulommiers | | | | | | | | | | | | X | | |
| | Salade de fruits | | | | | | | | | | | | | | |
| JEUDI | Carottes râpées | X | | | | | | X | | | | | | X | |
| | Chipolatas | | | | | | | | | | | | | | |
| | Purée de céleri | | | | | | | X | | | | | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| VENDREDI | Salade mâche et surimi | X | X | | | | | | X | X | | X | | | |
| | Filet de colin sauce tomate | X | X | | | | | X | X | X | X | | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Fromage fondu | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 4 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 4 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Crème de Potiron | X | | | | | | X | | | | X | X | X | |
| | Risotto au parmigiano et reggiano | X | | | | | | X | X | X | X | X | X | X | |
| | | | | | | | | | | | | | | | |
| | Comté | | | | | | | | | | | | X | | |
| | Liégeois vanille et caramel | | | | | | | | | | | | X | | |
| MARDI | MENU A THEME | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| MERCREDI | Salade Ppmmes de terre et thon | | | | | | | | X | X | X | | | | |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Brocolis | | X | | | | | X | | | | | | | |
| | Coulommiers | | | | | | | | | | | | X | | |
| | Salade de fruits | | | | | | | | | | | | | | |
| JEUDI | Carottes râpées | X | | | | | | X | | | | | | X | |
| | Galette de lentilles | X | | | | | | | | | | | | | |
| | Purée de céleri | | | | | | | X | | | | | X | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| VENDREDI | Salade mâche et surimi | X | X | | | | | | X | X | | X | | | |
| | Filet de colin sauce tomate | X | X | | | | | X | X | X | X | | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Fromage fondu | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 5 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 5 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Soupe forestière | X | | | | | | X | | | | X | X | X | |
| | Chou farci | X | X | | | | | | | | | X | | | |
| | Riz | X | | | | | | | | | | X | X | X | |
| | Fromage de chèvre | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| MARDI | Soupe aux légumes d'hiver | X | | | | | | X | | | | X | X | X | |
| | Boeuf stroganov | X | X | | | | | X | | X | X | | X | X | X |
| | Salsifis | X | X | | | | | X | | | | X | X | X | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Eclair au chocolat | X | X | X | X | | | | | | | X | X | | |
| MERCREDI | Salade de riz | | X | | | | | | X | X | X | X | | X | |
| | Aiguillettes de poulets | | | | | | | | | | | | | | |
| | Lentilles | X | X | | | | | X | | | | X | X | X | |
| | Brie | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Céleri rémoulade | | | | | | | X | | | | X | | X | |
| | Gratin brocolis-pommes de terre | X | X | | | | | X | | | | | X | X | |
| | | | | | | | | | | | | | | | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Feuilleté aux légumes | X | X | X | X | | | X | X | X | | X | X | X | |
| | Filet de poisson au citron | | | | | | | | X | | | | | | |
| | Epinards à la crème | X | | | | | | | | | | X | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Tomme blanche | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 5 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 5 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Soupe forestière | X | | | | | | X | | | | X | X | X | |
| | Filet de poisson | | | | | | | | X | | | | | | |
| | Riz | X | | | | | | | | | | X | X | X | |
| | Fromage de chèvre | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| MARDI | Soupe aux légumes d'hiver | X | | | | | | X | | | | X | X | X | |
| | Pané de légumes | X | X | | | | | X | X | | | X | X | | |
| | Salsifis | X | X | | | | | X | | | | X | X | X | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Eclair au chocolat | X | X | X | X | | | | | | | X | X | | |
| MERCREDI | Salade de riz | | X | | | | | | X | X | X | X | | X | |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Lentilles | X | X | | | | | X | | | | X | X | X | |
| | Brie | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Céleri rémoulade | | | | | | | X | | | | X | | X | |
| | Gratin brocolis-pommes de terre | X | X | | | | | X | | | | | X | X | |
| | | | | | | | | | | | | | | | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Feuilleté aux légumes | X | X | X | X | | | X | X | X | | X | X | X | |
| | Filet de poisson au citron | | | | | | | | X | | | | | | |
| | Epinards à la crème | X | | | | | | | | | | X | X | X | |
| | Semoule | X | X | | | | | | | | | X | | X | |
| | Tomme blanche | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 6 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 6 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Betteraves rouges en salade | | | | | | | | | | | | | | |
| | Rôti de veau | | | | | | | | | | | | | | |
| | Flageolets | X | X | | | | | X | | | | X | X | X | |
| | Fromage fondu | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Salade de pâtes | X | | | | | | | X | | | X | | | |
| | Cordon bleu | X | X | | | | | X | | | | X | X | X | |
| | Poêlée Bretonne | | | | | | | X | | | | | | | |
| | Petit-suisse nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| MERCREDI | Salade coleslaw | | | | | | | | | | | X | | X | |
| | Omelette au fromage | | | | | | | | | | | X | X | | |
| | Petits-pois | X | X | | | | | X | | | | | | | |
| | Tomme noire | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| JEUDI | Taboulé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Brochette de dinde à l'orientale | | | | | | | | | | | | | | |
| | Purée de céleri | | | | | | | X | | | | | X | | |
| | Crème caramel | X | | | | | | | | | | X | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Potage du cultivateur | X | | | | | | X | | | | X | X | X | |
| | Poisson à la bordelaise | X | X | | | | | X | X | X | X | X | X | X | |
| | Ebly | X | | | | | | | | | | | | | |
| | Fromage blanc nature | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 6 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 6 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Betteraves rouges en salade | | | | | | | | | | | | | | |
| | Galette de boulgour, épeautre et légumes | X | X | X | | X | | X | | | | X | X | | |
| | Flageolets | X | X | | | | | X | | | | X | X | X | |
| | Fromage fondu | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MARDI | Salade de pâtes | X | | | | | | | X | | | X | | | |
| | Crousti au fromage | X | | | | | | | | | | X | X | | |
| | Poêlée Bretonne | | | | | | | X | | | | | | | |
| | Petit-suisse nature | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| MERCREDI | Salade coleslaw | | | | | | | | | | | X | | X | |
| | Omelette au fromage | | | | | | | | | | | X | X | | |
| | Petits-pois | X | X | | | | | X | | | | | | | |
| | Tomme noire | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| JEUDI | Taboulé | X | X | | | | | X | X | X | X | X | X | X | X |
| | Steak végétarien | X | X | | | | X | X | | | | X | X | X | X |
| | Purée de céleri | | | | | | | X | | | | | X | | |
| | Crème caramel | X | | | | | | | | | | X | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Potage du cultivateur | X | | | | | | X | | | | X | X | X | |
| | Poisson à la bordelaise | X | X | | | | | X | X | X | X | X | X | X | |
| | Ebly | X | | | | | | | | | | | | | |
| | Fromage blanc nature | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes : Semaine 7 Menus normaux école et centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 7 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| LUNDI | Lentilles en salade | X | X | | | | | X | | | | X | X | X | |
| | Escalope de dinde à la viennoise | X | X | | | | | | | | | X | X | | |
| | Poêlée de carottes | | | | | | | X | | | | | | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Muffins natures | X | X | X | X | X | | | | | | X | X | | |
| MARDI | Oeufs durs et vinaigrette | | | | | | | | | | | X | X | X | X |
| | Lasagne de légumes | X | | | | X | | X | X | X | X | X | X | X | |
| | | | | | | | | | | | | | | | |
| | Comté | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Potage du Barry | X | | | | | | X | | | | X | X | X | |
| | Filet de colin d'Alaska | X | X | | | | | X | X | X | X | | X | X | |
| | Poêlée camarguaise | X | X | | | | | X | | | | X | X | | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Salade d'endives | | | X | | | | | | | | | X | | |
| | Jambon braisé | | | | | | | | | | | | X | | |
| | Brocolis à la poêle | | | | | | | X | | | | | | | |
| | Pâtes | X | | | | | | | | | | X | X | | |
| | St-Paulin | | | | | | | | | | | | X | | |
| | Compote de fruits | | | | | | | | | | | | | | |
| VENDREDI | Salade beaucaire | | | | | | | X | | | | | | | |
| | Rosbeef | | | | | | | | | | | | | | |
| | Flageolets | X | X | | | | | X | | | | X | X | X | |
| | Fromage blanc aromatisé | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | PAIN | X | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |

Les allergènes: Semaine 7 Menus sans viande école, centre de loisir. Règlement INCO n°1169/2011.

| JOUR | MENUS SEMAINE 7 DU 09.01.2023 au 09.04.2023 | GLUTEN | SOJA | FRUITS COQUES | ARACHIDE | SESAME | LUPIN | CELERI | POISSON | CRUSTACES | MOLUSQUE | OEUF | LAIT | MOUTARDE | SULFITE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | Lentilles en salade | X | X | | | | | X | | | | X | X | X | |
| | Filet de poisson | | | | | | | | X | | | | | | |
| | Poêlée de carottes | | | | | | | X | | | | | | | |
| | Yaourt nature | | | | | | | | | | | | X | | |
| | Muffins natures | X | X | X | X | X | | | | | | X | X | | |
| MARDI | Oeufs durs et vinaigrette | | | | | | | | | | | X | X | X | X |
| | Lasagne de légumes | X | | | | X | | X | X | X | X | X | X | X | |
| | | | | | | | | | | | | | | | |
| | Comté | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| MERCREDI | Potage du Barry | X | | | | | | X | | | | X | X | X | |
| | Filet de colin d'Alaska | X | X | | | | | X | X | X | X | | X | X | |
| | Poêlée camarguaise | X | X | | | | | X | | | | X | X | | |
| | St-Nectaire | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| JEUDI | Salade d'endives | | | X | | | | | | | | | X | | |
| | Pané de petits légumes | X | X | | | | | X | X | | | X | X | | |
| | Brocolis à la poêle | | | | | | | X | | | | | | | |
| | Pâtes | X | | | | | | | | | | X | X | | |
| | St-Paulin | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| VENDREDI | Salade beaucaire | | | | | | | X | | | | | | | |
| | Omelette nature | | | | | | | | | | | X | X | | |
| | Flageolets | X | X | | | | | X | | | | X | X | X | |
| | Fromage blanc aromatisé | | | | | | | | | | | | X | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| La vinaigrette préparée sur place peut contenir de la moutarde et du vinaigre | | | | | | | | | | | | | | X | X |