

**LES ALLERGENES**

SEMAINE DU 02 au 06 novembre 2020

|                                       | céleri | crustacés | œufs | poisson | gluten | lupin | lait | moutarde | cacahuètes | soja | sulphites | fruits à coque | sésame | mollusque |
|---------------------------------------|--------|-----------|------|---------|--------|-------|------|----------|------------|------|-----------|----------------|--------|-----------|
| bouillon vermicelles                  | X      |           |      |         | X      |       |      |          |            |      |           |                |        |           |
| cordon bleu                           |        |           |      |         | X      |       | X    |          |            | X    |           |                |        |           |
| carottes vichy                        |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| raisin blanc/noir                     |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| carottes rapées                       |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| betteraves vinaigrette                |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| roti de porc                          |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| Lentilles bio                         | X      |           |      |         |        |       |      |          |            |      |           |                |        |           |
| Yaourts naturels/fruits               |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| feuilleté fromage                     |        |           | X    |         |        |       | X    |          |            | X    |           | X              |        |           |
| Crepe fromage                         |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| poelee de legumes                     |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| riz                                   |        |           |      |         | X      |       | X    |          |            |      |           |                |        |           |
| chevre frais                          |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| creme chocolat                        |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| creme vanille                         |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| saucisson ail                         |        |           |      |         | X      |       |      |          |            |      |           |                |        |           |
| saucisson sec                         |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| cœur de filet de merlu<br>sauce curry |        |           |      | X       |        |       | X    |          |            |      |           |                |        |           |
| Pommes de terre vapeur                |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| creme brulée                          |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| Panna cotta                           |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |



**LES ALLERGENES**

SEMAINE du 16 au 20 novembre 2020

|                                 | céleri | crustacés | œufs | poisson | gluten | lupin | lait | moutarde | cacahuètes | soja | sulphites | fruits à coque | sésame | mollusque |
|---------------------------------|--------|-----------|------|---------|--------|-------|------|----------|------------|------|-----------|----------------|--------|-----------|
| salade de blé                   |        |           | X    |         | X      |       |      | X        |            |      | X         |                |        |           |
| Taboulé                         |        |           |      |         | X      |       |      |          |            |      |           |                |        |           |
| nuggets de volaille             |        |           | X    |         | X      |       |      |          |            | X    |           |                |        |           |
| haricots plats                  |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| fromage blanc                   |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| Soupe légumes                   | X      |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| lasagnes de légumes             |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| salade                          |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| vache qui rit                   |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| bio                             |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| feuilleté fromage               |        |           | X    |         | X      |       | X    |          |            | X    |           | X              |        |           |
| crepe au fromage                |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| roti de veau                    |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| petits pois                     | X      |           |      |         |        |       |      |          |            |      |           |                |        |           |
| edam                            |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| peche au sirop/salade de fruits |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| salade de pâtes                 |        |           | X    | X       | X      |       |      | X        |            |      | X         |                |        |           |
| salade de riz                   |        |           | X    | X       | X      |       |      | X        |            |      | X         |                |        |           |
| poisson pané                    |        |           | X    | X       | X      |       | X    |          |            | X    |           |                |        | X         |
| gratin de brocolis              |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| yaourt nature ou aromatisé      |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |



**LES ALLERGENES**

SEMAINE DU 30 novembre au 04 décembre 2020

|                                   | céleri | crustacés | œufs | poisson | gluten | lupin | lait | moutarde | cacahuètes | soja | sulphites | fruits à coque | sésame | mollusque |
|-----------------------------------|--------|-----------|------|---------|--------|-------|------|----------|------------|------|-----------|----------------|--------|-----------|
| chou fleur/betteraves vinaigrette |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| cote de porc                      |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| lentilles bio                     | X      |           |      |         |        |       |      |          |            |      |           |                |        |           |
| liegeois vanille                  |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| liegeois chocolat                 |        |           |      |         |        |       | X    |          |            | X    |           | X              |        |           |
| pamplemousse                      |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| pommes de terre                   |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| celeri remouade                   | X      |           | X    |         |        |       |      | X        |            |      | X         |                |        |           |
| bouef bourguignon                 | X      |           |      |         |        |       |      |          |            |      |           |                |        |           |
| macaronis                         |        |           |      |         | X      |       | X    |          |            |      |           |                |        |           |
| st paulin                         |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| fruit                             |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| salade piemonaïse                 |        |           | X    |         |        |       | X    | X        |            |      | X         |                |        |           |
| salade p de terre thon            |        |           | X    | X       |        |       | X    | X        |            |      | X         |                |        |           |
| roti de dinde                     |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| haricots beurre                   |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| yaourt bio                        |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| bouillon de legumes vermicelles   | X      |           |      |         | X      |       |      |          |            |      |           |                |        |           |
| raviolis legumes soleil           |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| salade verte                      |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| petits suisses                    |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |



**LES ALLERGENES**

SEMAINE DU 14 au 18 decembre 2020

|                               | céleri | crustacés | œufs | poisson | gluten | lupin | lait | moutarde | cacahuètes | soja | sulphites | fruits à coque | sésame | mollusque |
|-------------------------------|--------|-----------|------|---------|--------|-------|------|----------|------------|------|-----------|----------------|--------|-----------|
| salade de lentilles           |        |           |      |         |        |       |      | X        |            |      | X         |                |        |           |
| salade de riz                 |        |           | X    | X       | X      |       |      | X        |            |      | X         |                |        |           |
| quiche au fromage             |        |           | X    |         | X      |       | X    |          |            |      |           |                |        |           |
| fromage au choix              |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| corbeille de fruits           |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| potage vermicelles            | X      |           |      |         | X      |       | X    |          |            |      |           |                |        |           |
| emincé de volaille à la crème | X      |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| pommes sautées                |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| fromage au choix              |        |           |      |         |        |       | X    |          |            |      |           |                |        |           |
| compote pommes /abricots      |        |           |      |         |        |       |      |          |            |      |           |                |        |           |
| chevre/emmental               |        |           |      |         |        |       | X    | X        |            |      | X         |                |        |           |
| hoki sauce tomate             |        |           |      | X       |        |       | X    |          |            |      |           |                |        |           |
| semoule                       |        |           |      |         | X      |       | X    |          |            |      |           |                |        |           |
| île flottante                 |        |           | X    |         |        |       | X    |          |            |      |           |                |        |           |
| mousse au chocolat            |        |           | X    |         |        |       | X    |          |            |      |           | X              |        |           |