

LISTE DES ALLERGÈNES

| Date | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin | |
|--|---------------------------------|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 31 août au 6 septembre | | Scolaire | | | | | | | | | | | | | | |
| lun 31 août | Taboulé | | X | | | | | | | | | | | | | |
| | Escalope de dinde marengo | X | | | | X | | | | | | | | | | |
| | Courgettes à l'ail et au persil | | | | | | | | | | | | | | | |
| | Cantal | X | | | | | | | | | | | | | | |
| | Pêche jaune | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mar 1 septembre | Betteraves vinaigrette | | | | | | | | | | | | | | | |
| | Lasagnes à la bolognaise | X | X | X | | | | | | | X | | | | | |
| | Salade verte | | | | | | | | | | | | | | | |
| | Fol Epis | X | | | | | | | | | | | | | | |
| | Mousse au chocolat au lait | X | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mer 2 septembre | Crêpes aux champignons | X | X | X | | | | | | | | | | | | |
| | Cordon bleu à la dinde | X | X | X | | | | | | X | | | | | | |
| | Carottes vichy | | | | | | | | | | | | | | | |
| | Petit suisse aux fruits Bio | X | | | | | | | | | | | | | | |
| | Ile flottante | X | | X | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| jeu 3 septembre | Tomates Vinaigrette | | | | | | | | | | | | | | | |
| | Spirale Bio à la mexicaine | | X | | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | | | |
| | Flan au caramel bio | X | | | | | | | | | | | | | | |
| | Jus mangue Commerce équitable | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| ven 4 septembre | Soupe andalouse | X | X | | | | | | | | | | | | | |
| | Aiguillette de colin meunière | X | X | X | X | | | | | | | | | | | |
| | Coquillettes bio | | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | | |
| | Compote de pommes sans sucre | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |

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|---|---------------------------------|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 7 septembre au 13 septembre | | Scolaire | | | | | | | | | | | | | | |
| lun 7 septembre | Duo de carottes vinaigrette | | | | | | | | | | X | | | | | |
| | Boulettes d'agneau façon tajine | X | X | | | X | | | | X | | | | | | |
| | Semoule | | X | | | | | | | | | | | | | |
| | Brie bio | X | | | | | | | | | | | | | | |
| | Crème dessert au chocolat | X | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mar 8 septembre | Salade harmonie | | | | | | | | | | | | | | | |
| | Pavé de colin napolitain | | X | | X | | | | | | | | | | | |
| | Julienne de légumes | | | | | | | | | | X | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | | |
| | Moelleux au chocolat | X | X | X | | | | | | X | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mer 9 septembre | Melon jaune | | | | | | | | | | | | | | | |
| | Escalope de porc au olives | X | | | | X | | | | | | | | | | |
| | Pané de fromage et épinards | X | X | | | | | | | | | | | | | |
| | Riz bio créole | | | | | | | | | | | | | | | |
| | Fromage fondu Président | X | | X | | | | | | | | | | | | |
| | Cocktail de fruits au sirop | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| jeu 10 septembre | Chou-fleur bio vinaigrette | | | | | | | | | | | | | | | |
| | Omelette bio | X | | X | | | | | | | | | | | | |
| | Coquillettes Bio au pesto | | X | | | | | | | | | | | | | |
| | Saint Paulin bio | X | | | | | | | | | | | | | | |
| | Nectarine bio | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| ven 11 septembre | Roulé au fromage | X | X | | | | | | | | | | | | | |
| | Sauté de veau sauce bercy | X | | | | X | | | | | | | | | | |
| | Courgettes Al pesto | | | | | | | | | | | | | | | |
| | Petit suisse aux fruits | X | | | | | | | | | | | | | | |
| | Pommes bicolores locales | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |

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|--|--|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 14 septembre au 20 septembre | | Scolaire | | | | | | | | | | | | | |
| lun 14 septembre | Macédoine mayonnaise | | | X | | X | | | | | | | X | | |
| | Calamar à la romaine | | X | | | | | | X | | | | | | |
| | Ratatouille | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Mousse au chocolat au lait | X | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mar 15 septembre | Courgettes râpées | | | | | | | | | | | | | | |
| | Pépinette aux lentilles et champignons aux curry | X | X | X | | | | | | | X | | | | |
| | Coeur de dame | X | | | | | | | | | | | | | |
| | Ile flottante | X | | X | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mer 16 septembre | Salami et cornichons | X | | | | X | | | | | | | X | | |
| | Rillettes de sardine maison | X | | X | X | X | | | | | | | X | | |
| | Poisson blanc gratiné au fromage | X | | X | X | | | | | | | | | | |
| | Poêlée d'Aubergines et de courgettes | | | | | | | | | | | | | | |
| | Yaourt brassé banane bio | X | | | | | | | | | | | | | |
| | Fraises et sucre | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| jeu 17 septembre | Carottes râpées maison Bio | | | | | X | | | | | | | X | | |
| | Cordon bleu à la dinde | X | X | X | | | | | | X | | | | | |
| | Farfalles | | X | | | | | | | | | | | | |
| | Fromage fondu Président | X | | X | | | | | | | | | | | |
| | Pêche jaune | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| ven 18 septembre | Betteraves Bio | | | | | | | | | | | | | | |
| | Axoa de boeuf Bio | | | | | | | | | | | | | | |
| | Petits pois Bio saveur du jardin | | | | | | | | | | | | | | |
| | Petit suisse aux fruits Bio | X | | | | | | | | | | | | | |
| | Cake aux poires BIO maison | X | X | X | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |

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|--|------------------------------------|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 21 septembre au 27 septembre | | Scolaire | | | | | | | | | | | | | |
| lun 21 septembre | Radis rondelle et maïs | | | | | | | | | | | | | | |
| | Filet de merlu au basilic | | | | X | X | | | | | | | | | |
| | Haricots verts persillés | | | | | | | | | | | | | | |
| | Tomme blanche | X | | | | | | | | | | | | | |
| | Flan au chocolat | X | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mar 22 septembre | Oeufs durs bio mayonnaise | | | X | | | | | | | | | X | | |
| | Coquille bio à l'italienne | | X | | | X | | | | | X | | | | |
| | Gouda bio | X | | | | | | | | | | | | | |
| | Pommes bicolore Bio | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mer 23 septembre | Chou blanc râpé Bio | | | | | | | | | | | | | | |
| | Pilons de poulet rôti au jus | X | | | | X | | | | | | | | | |
| | Blé BIO à la tomate | | X | | | | | | | | | | | | |
| | Fromage blanc et sauce à la fraise | X | | | | | | | | | | | | | |
| | Kiwi Bio | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| jeu 24 septembre | Salade coleslaw | | | X | | | | | | | | | X | | |
| | Sauté de porc sauce normande | X | | | | X | | | | | | | | | |
| | Omelette Nature | | | X | | | | | | | | | | | |
| | Riz bio créole | | | | | | | | | | | | | | |
| | Tomme grise | X | | | | | | | | | | | | | |
| | Tarte aux poires | X | X | X | | | X | | | | | | | | X |
| | Pain 400 g | | X | | | | | | | | | | | | |
| ven 25 septembre | Crêpe au fromage | X | X | X | | | | | | | | | | | |
| | Pavé de poisson mariné au thym | | X | | X | | | | | | | | | | |
| | Carottes Vichy bio | | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Compote pomme-fraise sans sucre | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |

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| Période du 28 septembre au 4 octobre | | Scolaire | | | | | | | | | | | | | | |
| lun 28 septembre | Trio crudité | | | | | | | | | | X | | | | | |
| | Escalope de dinde sauce milanaise | X | | | | X | | | | | | | | | | |
| | Purée de pommes de terre | X | | | | X | | | | X | | | | | | |
| | Edam | X | | | | | | | | | | | | | | |
| | Pommes bicolores locales | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mar 29 septembre | Betteraves vinaigrette | | | | | | | | | | | | | | | |
| | Nuggets de volaille | X | X | | | X | | | | | | | | | | |
| | Petits pois au jus | X | | | | | | | | | | | | | | |
| | Montboissier | X | | | | | | | | | | | | | | |
| | Crème dessert au caramel | X | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mer 30 septembre | Salade verte et croutons | X | X | | | | | | | | | | | | | |
| | Rôti de boeuf sauce daube | X | | X | | X | | | | | | | | | | |
| | Courgettes en rondelles saveur aneth citron | X | | | | | X | | | | | | | | | |
| | Petit suisse aux fruits Bio | X | | | | | | | | | | | | | | |
| | Abricots au sirop | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| jeu 1 octobre | Pommes de terre à l'échalote maison | | | | | X | | | | | | | X | | | |
| | Sauté de veau sauce jumbalaya | X | | | | | | | | | X | | | | | |
| | Jardinière de légumes nature | | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| ven 2 octobre | Salade de haricots verts bio | | | | | X | | | | | | | X | | | |
| | Oeufs durs Bio à l'andalouse | | | X | | X | | | | | | | X | | | |
| | Coquillettes Bio au pesto | | X | | | | | | | | | | | | | |
| | Saint Paulin bio | X | | | | | | | | | | | | | | |
| | Quatre quart pur beurre BIO | X | X | X | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |

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| Période du 5 octobre au 11 octobre | | Scolaire | | | | | | | | | | | | | | |
| lun 5 octobre | Roulé au fromage | X | X | | | | | | | | | | | | | |
| | boulettes d'agneau basquaise | | X | | | X | | | | X | | | | | | |
| | Blé bio | | X | | | | | | | | | | | | | |
| | Tomme noire | X | | | | | | | | | | | | | | |
| | Poires Conférence locales | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mar 6 octobre | Concombre bio vinaigrette | | | | | | | | | | | | | | | |
| | Chili BIO végétarien | | | | | | | | | | | | | | | |
| | Yaourt aromatisé fraise BIO | X | | | | | | | | | | | | | | |
| | Madeleine bio Pays de Savoie | X | X | X | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| mer 7 octobre | Betteraves vinaigrette | | | | | | | | | | | | | | | |
| | Steak haché sauce cajun | X | | | | | | | | | | | | | | |
| | Purée de pommes de terre bio | X | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | | |
| | Mousse au chocolat | X | | | | | | | | X | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| jeu 8 octobre | Salade choubidou maison | | | | | X | | | | | | | X | | | |
| | Rôti de veau aux olives | X | | | | X | | | | | | | | | | |
| | Epinards hachés Bio béchamel | X | X | | | | | | | | | | | | | |
| | Fromage blanc sucré | X | | | | | | | | | | | | | | |
| | Gâteau au yaourt vanille | X | X | X | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |
| ven 9 octobre | Salade de lentilles maison | | | | | X | | | | | X | | X | | | |
| | Jambon braisé | X | | | | X | | | | | | | | | | |
| | Galette de blé façon indienne | | X | | | | | | | | | | | | | |
| | Semoule | | X | | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | | | |
| | Pommes bicolores locales | | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | | |

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| Période du 12 octobre au 18 octobre | | Scolaire | | | | | | | | | | | | | |
| lun 12 octobre | Duo de carottes vinaigrette | | | | | | | | | | X | | | | |
| | Escalope de porc sauce montboissier | X | | | | X | | | | | | | | | |
| | Croq veggie fromage | X | X | X | | | | | | | | | | | |
| | Jeunes carottes miel carotte | X | | | | | | | | | | | | | |
| | Fournols | X | | | | | | | | | | | | | |
| | Moelleux au chocolat | X | X | X | | | | | | X | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mar 13 octobre | Bûchette mi-chèvre sur toast | X | X | | | | | | | | | | | | |
| | Rôti de dinde vallée d'Auge | X | | | | X | | | | | | | | | |
| | Riz bio créole | | | | | | | | | | | | | | |
| | Fromage blanc aux fruits | X | | | | | | | | | | | | | |
| | Compote de pomme maison | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| mer 14 octobre | Mélange carottes rapées et pommes | | | | | | | | | | | | | | |
| | Escalope de poulet sauce carottes spéculoos | X | X | | | | | | | X | | | | | |
| | Coquillettes bio | | X | | | | | | | | | | | | |
| | Yaourt nature bio sucré | X | | | | | | | | | | | | | |
| | Cake apple vanille | X | X | X | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| jeu 15 octobre | Laitue Iceberg au cheddar | X | | | | | | | | | | | | | |
| | Pané mozzarella fromage blanc curry | X | X | X | | X | | | | | | | X | | |
| | Confit d'endives et purée de pomme de terre | X | | | | X | | | | X | | | | | |
| | Tomme blanche | X | | | | | | | | | | | | | |
| | Poires Conférence locales | | | | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |
| ven 16 octobre | Coeur de laitue et croutons | X | X | | | | | | | | | | | | |
| | Sauté de veau au curry | X | | | | | | | | | | | | | |
| | Petits pois bio à la française | X | | | | | | | | | | | | | |
| | Fromage fondu Président | X | | X | | | | | | | | | | | |
| | Pudding | X | X | X | | | | | | | | | | | |
| | Pain 400 g | | X | | | | | | | | | | | | |