

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 07 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Betteraves vinaigrette | | | | | X | | | | | | | X | | |
| Choux-fleurs au curry | X | | | | | | | | | | | | | |
| Pamplemousse | | | | | | | | | | | | | | |
| Salade de riz | | | | | | | | | | | | | | |
| Taboulé | | X | | | | | | | | | | | | |
| Cordon bleu | X | X | | | | | | | X | X | | X | | |
| File de lieu à l'indienne | | | | X | X | | | | | | | | | |
| Poulet sauce mimolette | X | | | | | | | | | | | | | |
| Carottes persillées | X | | | | | | | | | | | | | |
| Macaroni | | X | X | | | | | | | | | | | |
| Croûte noire | X | | | | | | | | | | | | | |
| Fraidou | X | | | | | | | | | | | | | |
| Tomme noire | X | | | | | | | | | | | | | |
| Yaourt aromatisé | X | | | | | | | | | | | | | |
| Yaourt nature | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Clémentines corses | | | | | | | | | | | | | | |
| Fromage blanc touche de kiwi | X | | | | | | | | | | | | | |
| Gaufre fantasia | X | X | X | | | | | | | X | | | | |
| Moelleux au cocktail de fruits | X | X | X | | | | | | | | | | | |
| Poire au sirop | | | | | | | | | | | | | | |
| Mardi 08 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Endives aux pommes | | | | | | | | | | | | | | |
| Salade de lentilles | | | | | | | | | | | | | | |
| Salade verte aux croûtons | X | X | | | | | | | | | | | | |
| Samossa au poulet | | X | X | | | | | | | X | | X | | |
| Saucisson à l'ail | | X | | | X | | | | | X | | | | |
| Filet de merlu à l'oseille | X | X | | X | X | | | | | | | | | |
| Kefta d'agneau sauce tomate | X | X | | | X | | | | | X | | | | |
| Longe de porc aux herbes | | | | | | | | | | | | | | |
| Haricots beurre saveur du midi | | | | | | | | | | | | | | |
| Semoule berbère | | X | | | | | | | | | | | | |
| Rondelé nature | X | | | | | | | | | | | | | |
| Saint-Paulin | X | | | | | | | | | | | | | |
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|---|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| ☐ | | | | | | | | | | | | | | |
| Yaourt nature | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Cake à la noix de coco | X | X | X | | | | | | | | | | | |
| Compote de pommes et cassis | | | | | | | | | | | | | | |
| Corbeille de fruits | | | | | | | | | | | | | | |
| Flan à la vanille | X | | | | | | | | | | | | | |
| Mousse chocolat au lait | X | | | | | | | | | | | | | |
| Pomme bicolore Local | | | | | | | | | | | | | | |
| Rocher coco chocolat | | | X | | | | | | | X | | | | |
| Jeudi 10 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Coleslaw | | | X | | X | | | | | | | X | | |
| Croissant à l'emmental | X | X | X | | | | | | | | | | | |
| Œufs durs sauce cocktail | | | X | | X | | | | X | | | X | | |
| Rillettes à la sardine | X | | X | X | X | | | | | | | X | | |
| Salade de pâtes et sauce andalouse (Sarran) | | X | | | X | | | | | | | | | |
| Bœuf bourguignon | | X | | | | | | | | | | | | |
| Filet de hoki sauce vierge | | | | X | | | | | | | | | | |
| Saucisse de Strasbourg | | X | | | | | | | | | | | | |
| Pèle-mêle provençal | | | | | | | | | | | | | | |
| Purée de pommes de terre | X | | | | X | | | | | | | | | |
| Gouda | X | | | | | | | | | | | | | |
| Gouda | X | | | | | | | | | | | | | |
| Petit moulé | X | | | | | | | | | | | | | |
| Yaourt aromatisé | X | | | | | | | | | | | | | |
| Yaourt nature | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Compote de pommes et bananes | | | | | | | | | | | | | | |
| Crème dessert au caramel | X | | | | | | | | | | | | | |
| Kiwi | | | | | | | | | | | | | | |
| Moëlleux au citron | | X | X | | | | | | | | | | | |
| Moëlleux aux myrtille et citron | X | X | X | | | | | | | | | | | |
| Smoothie au cacao | X | | | | | | | | | | | | | |
| Vendredi 11 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Carottes râpées vinaigrette maison | | | | | X | | | | | | | X | | |
| Chou rouge sauce mangue (Sarran) | X | X | | | | | | | | | | | | |
| Haricots verts vinaigrette du terroir | | | | | X | | | | | | | X | | |
| Pâté de foie | X | X | | | X | | | | | X | | X | | |

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|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| <input type="checkbox"/> | | | | | | | | | | | | | | |
| Pissaladière | X | X | | | | | | | | | | | | |
| Filet de colin meunière et citron | X | X | X | X | | | | | | | | | | |
| Rôti de dinde cuit sauce chasseur | X | X | | | | | | | | | | | | |
| Blettes au gratin sauce béchamel | X | X | | | | | | | | | | | | |
| Riz créole | | | | | | | | | | | | | | |
| Camembert | X | | | | | | | | | | | | | |
| Camembert | X | | | | | | | | | | | | | |
| Fromy | X | | | | | | | | | | | | | |
| Yaourt aromatisé | X | | | | | | | | | | | | | |
| Yaourt nature | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Banane | | | | | | | | | | | | | | |
| Galette des rois | X | X | X | | | X | | | | | | | | |
| Liégeois au chocolat | X | | | | | | | | | X | | | | |
| salade de fruits exotiques | | | | | | | | | | | | | | |