# DEJEUNER

## Mardi 02 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Tarti'thon | X | X | X | X | X | | X | | | X | | | | X |
| Colin alasla tomate boulgour petit légumes | X | X | X | X | X | X | X | X | X | X | | | | |
| parmentier de poisson | T | T | T | X | X | T | X | T | T | T | T | X | X | T |
| Saladiere | X | | X | X | | | | | | X | | | | |
| Fromage | | | | | | | X | X | | | | | | |
| puree de fruits | | | | | | | | | | | | | | |
| gouter gourde lactee et biscuit | X | | X | | | X | X | X | | | T | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 03 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| oeuf dur mayonnaise | | | X | | T | | | | | X | | X | | |
| emince de boeuf au pesto rouge | | | | | X | | | X | X | | | | | |
| Nugget blé croustillant | X | | T | T | | T | T | | X | | | | | T |
| haricot beurre persillade | | | | | | | X | | | | | | | |
| Gouda bio | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Gouter pains confiture | X | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 04 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| carottes rapees | | | | | | | | | | X | | X | | |
| Boules de boeuf sauce charcutiere | X | | X | | | X | X | | X | X | | X | | |
| boules de soja sauce moutarde | X | | X | T | | X | X | | X | X | | X | | T |
| Escalope de volaille a la moutarde | X | X | X | X | | | X | | X | X | | X | | |
| Navarin de mouton printanier | X | | X | | | | X | | X | | | | | |
| printaniere de legumes | | | | | | | X | | | | | | | |
| Produit laitier | | | | | | X | X | X | | | | | | |
| Yaourt bio a la fraise | | | | | | | X | | | | | | | |
| Gouter biscuit | X | | X | | | X | X | X | | | X | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 05 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| carottes rapees | | | | | | | | | | X | | X | | |
| Salade verte | | | | | | | | | X | X | | | | |
| Boules de boeuf sauce charcutiere | X | | X | | | X | X | | X | X | | X | | |
| boules de soja sauce moutarde | X | | X | T | | X | X | | X | X | | X | | T |
| Escalope de volaille a la moutarde | X | X | X | X | | | X | | X | X | | X | | |
| Marengo aux flageolets | X | | X | | | | X | | X | | | X | | |
| Navarin de mouton printanier | X | | X | | | | X | | X | | | | | |
| Saute de poulet marengo | X | | X | | | | X | | X | | | X | | |
| printaniere de legumes | | | | | | | X | | | | | | | |
| Riz basmati | X | | X | | | | X | | X | X | | | | |
| mousse au chocolat | | | | | | X | X | X | | | | | | |
| Yaourt bio a la fraise | | | | | | | X | | | | | | | |
| Gouter biscuit | X | | X | | | X | X | X | | | X | | | |
| Gouter pains pate a tartiner | X | | | | | X | X | X | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# Samedi 06 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| rillette de thon | | | | X | | | X | X | | X | | X | | |
| Filet mignon de porc aux oignons | | | | | | | | | | | | X | | |
| endiveS braisée | X | | X | | | | X | | X | | | X | | |
| Cantal | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 08 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| pizza au thon | X | | X | X | | X | X | X | | X | | | | |
| Tarte buternut comte AOP | X | X | X | | | | X | X | X | X | | | | X |
| Omelette au fromage | | | X | | | | X | | | | | | | |
| Salade feuille de laitue | | | | | | | | | | X | | | | |
| petit suisse nature sucre | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 09 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| concombre ciboulette | | | | | | | | | | X | | | | |
| Pane de ble emmental/epinards | X | | X | X | | X | X | | X | | | | | |
| steack haché bio au jus | X | | T | | | T | X | | T | | | T | | |
| choux fleurs poireau et haricots rouge bechamel bio | X | | | | | | X | | | | | | | |
| Brioche des rois | X | | X | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 10 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Macedoine vinaigrette | | | | | | | | | X | X | | X | | |
| Pate de campagne cornichons | | | X | | | | X | | | X | | | | |
| Saucisson de volaille cornichons | | | | | | X | X | | | X | | | | |
| filet de poisson sauce champignons | X | X | X | X | | | X | | X | | | | | |
| Filet de poisson sauce champignons | X | X | X | X | | | X | | X | X | | X | | X |
| Filet de poisson sauce normande | X | X | X | X | | | X | | X | | | | | |
| Carottes vichy | | | | | | | X | | | | | | | |
| Camembert | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| gouter pain chocolat | X | | | | | | X | X | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 11 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| chou blanc bio façon remoulade | | | X | | X | | X | | X | X | | X | | |
| Blanquette de haricots blanc | X | | X | | | | X | | X | | | | | |
| blanquette de veau | | | X | | | | X | | X | | | | | |
| penne regate | X | | X | | | | X | | | | | | | |
| Vache qui rit | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 12 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Radis beurre | | | | | | | X | | | | | | | |
| Poisson pane | X | X | X | X | X | X | X | X | X | X | X | X | | X |
| roti de dinde au jus | X | | T | | | | X | | T | | | X | | |
| roti de porc bio au jus | X | | T | | | | X | | T | | | X | | |
| purée de courgettes bio | | | | | | | X | | | | | X | | |
| Yaourt bio sucre de canne | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Samedi 13 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Crepe au jambon | X | T | X | T | | | X | T | | T | | | | T |
| Fondant de langue sauce tomate | X | | X | | | | X | | X | X | | X | | |
| Blettes au jus | X | | X | | | | X | | X | | | X | | |
| Bleu de bresse | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 15 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| haricot vert vinaigrette | | | | | | | | | | X | | X | | |
| blanc de poulet sauce moutarde | X | X | X | X | | | X | | X | X | | X | | |
| Boules de ble a la thai | X | | X | X | | X | X | | X | | | | | X |
| Wings de poulet | T | | T | | | | T | | T | T | | | | |
| Choux fleurs  persillade | | | | | | | X | | | | | | | |
| St nectaire | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 16 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| carottes rapees | | | | | | | | | | X | | X | | |
| Brandade de morue bio | | | | X | | | X | | | | | | | |
| Yaourt bio abricot framboise brasse | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 17 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Chou rouge à l'ananas et vinaigrette thai | | | | | | | | X | | X | | X | | |
| Boeuf à la provencale | X | | X | | | | X | X | X | | | X | | |
| Boeuf à la provencale sans porc | X | | X | | | | X | X | X | | | X | | |
| Haricots rouge a la provencale | X | | X | | | | X | X | X | | | X | | |
| Riz basmati | X | | X | | | | X | | X | X | | | | |
| Liegeois vanille sur lit de caramel | | | | | | | X | | | | | | | |
| Gouter biscuit | X | | X | | | X | X | X | | | X | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 18 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Salade de pates au pesto (entree) | X | | X | X | X | X | X | | X | X | | X | | |
| Tortillas pdt oignons | | | X | | | | | | | | | | | |
| Salade feuille de laitue | | | | | | | | | | X | | | | |
| Saint moret | | | | | | | X | X | | | | | | |
| ananas au sirop | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 19 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Celeri facon remoulade | | | X | | X | | X | | X | X | | X | | |
| Colombo de porc bio | X | | X | | X | | X | | X | X | | | | |
| egrene de soja facon colombo | X | | X | | X | X | X | X | X | X | | | | |
| Boulgour bio | X | | | | | | | | | | | | | |
| Emmental bio | | | | | | | X | | | | | | | |
| Fromage | | | | | | | X | X | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Samedi 20 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| tarte aux  poireaux | X | | X | | | | X | | | | | | | |
| Saute de mouton aux olives-salsifis | X | | X | | | | X | X | X | | | X | | |
| Leerdamer | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 22 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Betterave cube bio vinaigrette | | | | | | | | | | X | | X | | |
| filet de poisson meuniere citron | X | X | X | X | X | X | X | X | X | X | X | X | | X |
| purée pois cassés bio sans porc | | | | | | | T | | | | | X | | |
| puree saint germain bio | | | | | | | T | | | | | X | | |
| Mimolette | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 23 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| Radis beurre | | | | | | | X | | | | | | | |
| egrene de soja a l'indienne | X | | | | X | X | X | X | X | X | | | | |
| Emince de poulet a l'indienne | X | | | | | | X | X | X | X | | | | |
| haricots verts persillade | | | | | | | X | X | | | | | | |
| creme dessert chocolat | | | | | | X | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 24 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| macedoine mayonnaise | | | X | | X | | X | | X | X | | X | | |
| Axoa de veau bio et carottes | X | | X | | | | X | | X | | | X | | |
| Omelette au fromage | | | X | | | | X | | | | | | | |
| Carottes vichy | | | | | | | X | | | | | | | |
| Carre frais 1/2 sel bio | | | | | | | X | | | | | | | |
| Fromage | | | | | | | X | X | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Gouter pains confiture | X | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 25 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| concombre ciboulette | | | | | | | | | | X | | | | |
| Blanquette de haricots blanc | X | | X | | | | X | | X | | | | | |
| carbonara | X | | | | | | X | | | | | | | |
| carbonara sans porc | X | | | | | X | X | | | | | | | |
| Penne regate | X | | X | | | | X | | X | X | | | | |
| Produit laitier | | | | | | X | X | X | | | | | | |
| Yaourt bio vanille | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 26 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| oeuf dur mayonnaise | | | X | | T | | | | | X | | X | | |
| Marguerite de boulgour et lentille corail | X | | X | X | X | X | X | X | X | X | | | X | |
| roti de boeuf cornichons | X | | | | | X | X | | | X | | | | |
| purée de courgettes bio | | | | | | | X | | | | | X | | |
| port salut | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Samedi 27 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| sardines à l'huile | | | | X | X | | | | X | | | | | |
| Foie de poulet persillade | | | | | | | | | | | | X | | |
| Gratin de celeri | X | | | | | | X | | X | | | | | |
| Camembert | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 29 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| haricot vert vinaigrette | | | | | | | | | | X | | X | | |
| Flageolets bio s/porc boules de soja | T | | T | T | | X | T | | T | | | | | T |
| Lentilles bio saucisse | X | | X | | | | X | | X | X | | | | |
| lentilles bio saucisse de blé soja | X | | X | | | | X | | X | X | | | | |
| Cantal | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 30 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| taboule BIO | X | | | | | | | | | | | | | |
| Omelette au fromage | | | X | | | | X | | | | | | | |
| Salade composee | | | | | | | | | X | X | | | | |
| Produit laitier | | | | | | X | X | X | | | | | | |
| Yaourt bio a la fraise | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 31 Janvier 2024

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Potage | X | | X | | X | X | X | | X | X | | | | |
| chou blanc bio façon remoulade | | | X | | X | | X | | X | X | | X | | |
| Calamar s/porc à la tomate | X | | X | | | | X | X | X | | | X | | |
| filet de poisson sauce safranée | X | X | X | X | | | X | | X | X | | X | | X |
| Seiche À l'ancienne | X | | X | X | X | X | X | X | X | | | X | | X |
| Pdt persillees | | | | | | | X | | | | | | | |
| Leerdamer | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Gouter pain au lait et chocolat | X | | X | | | | X | X | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |