# DEJEUNER

## Lundi 02 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Haricots verts vinaigrette | | | | | | | | | | X | | X | | |
| Lasagnes de legumes au pesto | X | | X | | | | X | | | | | | | |
| Cantal aop bio a la coupe | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 03 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carottes rapees bio vinaigrette aux poivrons | | | | | | | | | | X | | X | | |
| Pane de ble emmental/epinards | X | | X | X | | X | X | | X | | | | | |
| roti de porc au jus | X | | X | | | | X | | X | | | X | | |
| Lentilles bio au jus | | | | | | | | | | | | | | |
| Gouda bio portion | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 04 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chou blanc bio vinaigrette | | | | | | | | | X | X | | X | | |
| Filet de poisson aux epices du soleil | X | | X | X | | X | X | | X | | | X | | |
| Semoule bio | X | | | | | | | | | | | | | |
| Creme dessert à la vanille | | | | | | | X | | | | | | | |
| Gouter compote et biscuit | X | | X | | | X | X | X | | | T | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 05 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| macedoine mayonnaise | | | X | | X | | X | | X | X | | X | | |
| Salade verte | | | | | | | | | X | X | | | | |
| Omelette au fromage bio | | | X | | | | X | | | | | | | |
| Raviolis 6 légumes | X | | X | | | | X | | X | | | | | |
| petit suisse nature sucre | | | | | | | X | | | | | | | |
| ananas au sirop | | | | | | | | | | | | | | |
| compote de pomme | | | | | | | | | | | | | | |
| Biscuit | X | | X | | X | X | X | X | X | | X | | X | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 06 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| taboule BIO | X | | | | | | | | | | | | | |
| Nugget blé croustillant | X | | T | T | | T | T | | X | | | | | T |
| Wings de poulet et sauce barbecue | T | | T | | | | T | | T | T | | | | |
| choux fleur bio bechamel | X | | | | | | X | | | | | | | |
| Yaourt bio sucre de canne | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 09 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Betterave cube bio vinaigrette | | | | | | | | | | X | | X | | |
| emince de pois a l indienne | X | | X | | | X | X | X | X | X | | | | |
| Emince de poulet a l'indienne | | | | | | | X | X | X | X | | | | |
| Boulgour bio | X | | | | | | | | | | | | | |
| Leerdamer | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 10 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Salade coleslaw bio | | | X | | X | | X | | X | X | | X | | |
| Salade verte | | | | | | | | | X | X | | | | |
| hachis parmentier bio | | | | | | | X | | | | | | | |
| Parmentier de pois fèves bio | | | | | X | | X | X | | | | | | |
| Yaourt bio abricot framboise brasse | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 12 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pizza cheddar emmental | X | X | X | X | | X | X | X | X | X | | | | X |
| filet de poisson meuniere | X | X | X | X | X | X | X | X | X | X | X | X | | X |
| haricot beurre persillade | | | | | | | X | | | | | | | |
| Brie bio à la coupe | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# Vendredi 13 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Concombre persil | | | | | | | | | | X | | | | |
| Boules de ble a la thai | X | | X | X | | X | X | | X | | | | | X |
| Flageolets bio sans porc | | | | | | | | | | | | | | |
| mousse au chocolat | | | | | | X | X | X | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 16 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carottes rapees bio mais | | | | | | | | | | X | | X | | |
| Croustillant au fromage | X | | X | | | | X | | | | | | | |
| Julienne de legume brocolis | | | | | | | X | X | X | | | | | |
| Produit laitier | | | | | | X | X | X | | | | | | |
| Yaourt bio vanille | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 17 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| taboule BIO | X | | | | | | | | | | | | | |
| Poisson pane | X | X | X | X | X | X | X | X | X | X | X | X | | X |
| Wings de poulet et sauce barbecue | T | | T | | | | T | | T | T | | | | |
| Carottes vichy | | | | | | | X | | | | | | | |
| Tomme du vercors bio à la coupe | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 18 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| macedoine mayonnaise | | | X | | X | | X | | X | X | | X | | |
| Filet de poisson sauce bercy | X | X | X | X | | | X | | X | X | | X | | X |
| Epinards bechamel bio au fromage | X | | | | | | X | | | | | | | |
| Fromage | | | | | | | X | X | | | | | | |
| St paulin | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Gouter creme dessert lactee et biscuit | X | | X | | | X | X | X | | | T | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 19 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Concombre soja | | | | | | X | | | | X | | | | |
| emince de pois et blé au curry | X | | X | | | X | X | | X | X | | | | |
| Saute de porc au curry | | | | | | | | | | X | | X | | |
| Riz basmati | X | | X | | | | X | | X | X | | | | |
| Fromage blanc nature bio et sucre | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 20 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| chou blanc bio façon remoulade | | | X | | X | | X | | X | X | | X | | |
| Bolognaise de lentilles bio | X | | X | | | | X | | X | | | | | |
| Bolognaise vbf/bio | X | | X | | | | X | | X | | | | | |
| Coquillette | X | | X | | | X | X | X | X | X | | | X | |
| Tarte normande | X | | X | | X | | X | X | | | | | X | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 23 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Haricots verts vinaigrette | | | | | | | | | | X | | X | | |
| Salade verte | | | | | | | | | X | X | | | | |
| Brandade de morue bio | | | | X | | | X | | | | | | | |
| Liegeois vanille | | | | | | | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mardi 24 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Crepe au fromage | X | T | X | T | | X | X | T | | T | T | | | T |
| Axoa de veau | X | | X | | | | X | | X | | | X | | |
| Boules de boeuf sauce tomate | X | | X | T | | X | X | | X | | | X | | T |
| Choux fleurs persillade | | | | | | | X | | | | | | | |
| Kiri bio | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Mercredi 25 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Radis beurre bio | | | | | | | X | | | | | | | |
| haricots a la tomate bio noix de porc confite | X | | | | | | | | | | | | | |
| haricots bio a la tomate s/porc | X | | | | | | | | | | | | | |
| Haricots secs a la tomate s/p chipolata pois feves | | | | | | | | T | T | T | | | | |
| Petit suisse aromatise bio | | | | | | | X | | | | | | | |
| Salade de fruits fraiche | | | | | | | | | | | | | | |
| Gouter pain pate a tartiner | X | | | | | X | X | X | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Jeudi 26 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carottes bio aux raisins vinaigrette a l'orange | | | | | | | | X | | X | | X | | |
| Nuggets de blé sauce barbecue | X | X | X | T | X | X | X | X | X | | | | X | T |
| Wings de poulet et sauce barbecue | T | | T | | | | T | | T | T | | | | |
| Potatoes | X | | | | | | | | | | | | | |
| Creme dessert au chocolat | | | | | | T | X | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

## Vendredi 27 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Oeuf dur bio mayonnaise | | | X | | T | | | | | X | | X | | |
| steak de pois ble sauce tomate | X | | X | | | X | X | X | X | X | | | | |
| haricots verts persillade | | | | | | | X | X | | | | | | |
| St Nectaire AOP à la coupe | | | | | | | X | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |

# DEJEUNER

## Lundi 30 Novembre 2026

| | Gluten | Crustacés | Oeufs | Poissons | Arachide | Soja | Lait | Fruits a coques | Céleri | Moutarde | Graines de sesame | Anhydride sulfureux | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Betterave cube bio vinaigrette | | | | | | | | | | X | | X | | |
| Nuggets de poisson | X | X | X | X | | X | X | | X | X | X | | | X |
| Puree de patate douce | | | | | | | X | | | | | X | | |
| Fromage | | | | | | | X | X | | | | | | |
| Saint moret | | | | | | | X | X | | | | | | |
| Fruit de saison | | | | | | | | | | | | | | |
| Baguette bio | X | | | | | | | | | | | | | |