

# LISTE DES ALLERGÈNES MAJEURS



| Date                                | Plat                                       | Lait             | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|-------------------------------------|--|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 29 avril au 5 mai</b> |  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>lun 29 avril</b>                 |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Betteraves vinaigrette                     |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                     | Blé BIO et achard de légumes               |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Fraidou                                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Glace Petit pot vanille-fraise             | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mar 30 avril</b>                 |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Salade verte LOCALE                        |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                     | Bœuf sauté aux aïelles                     | X                | X      | X    |          | X        |                 |           |            |      |        |           |          |        |       |
|                                     | Boulette de soja sauce fromage blanc curry | X                | X      | X    |          | X        |                 |           |            | X    | X      |           | X        |        |       |
|                                     | Gratin de piperade                         | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Yaourt nature BIO et sucre                 | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Crêpe nature sucrée                        | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
| <b>jeu 2 mai</b>                    |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Taboulé "façon maison"                     |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Filet de lieu noir sauce curry             | X                |        |      | X        |          |                 |           |            |      |        |           |          |        |       |
|                                     | Courgettes                                 |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Brie                                       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Orange                                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>ven 3 mai</b>                    |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Concombre vinaigrette                      |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                     | Nuggets de poisson                         |                  | X      |      | X        |          |                 |           |            |      |        |           |          |        |       |
|                                     | Penne                                      |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Petit suisse nature et sucre               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                     | Pommes rouge BIO                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |

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|-----------------------------------|----------------------------------|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 6 mai au 12 mai</b> |                                  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>lun 6 mai</b>                  |                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Saucisson sec et cornichons      | X                |        |      |          | X        | X               |           |            | X    |        |           |          |        |       |
|                                   | Pâté de volaille et cornichons   | X                | X      | X    |          |          | X               |           |            |      |        |           |          |        |       |
|                                   | Filet de hoki à l'aneth          | X                |        |      | X        | X        |                 |           |            |      |        |           |          |        |       |
|                                   | Ratatouille et riz bio           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Coulommiers                      | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Tomme grise                      | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Kiwi                             |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Ananas                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mar 7 mai</b>                  |                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Crêpe au fromage                 | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Crêpes aux champignons           | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Filet de colin sauce aurore      | X                |        |      | X        |          |                 |           |            | X    |        |           |          |        |       |
|                                   | Poêlée de légumes                |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Yaourt nature BIO et sucre       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Orange                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Banane                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>jeu 9 mai</b>                  |                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Tomate vinaigrette               |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                   | Salade verte et croutons         | X                | X      |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                   | Boulettes de boeuf sauce miroton | X                | X      |      |          | X        |                 |           |            | X    |        |           |          |        |       |
|                                   | Croq veggie tomate               |                  | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Printanière de légumes           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Camembert BIO                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Carré de l'est BIO               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Cake aux abicots maison          | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Cake aux pommes maison           | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
| <b>ven 10 mai</b>                 |                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Poireaux vinaigrette             |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                   | Salade de maïs vinaigrette       |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                   | Omelette BIO                     | X                |        | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Sauté d'agneau sauce forestière  | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |
|                                   | Haricots verts et flageolets     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Edam                             | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Emmental                         | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Pommes Goldens LOCALES           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                   | Poires conférence LOCALES        |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|--|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 13 mai au 19 mai</b> |  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>lun 13 mai</b>                  |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Salade de pommes de terre à la parisienne "façon maison" |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Salade piémontaise "façon maison" sans viande            |                  |        | X    |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Galette de blé façon indienne                            |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Saucisses Francfort à la volaille                        |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Jardinière de légumes                                    |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Petit suisse aux fruits                                  | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Petit suisse nature et sucre                             | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Orange   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Kiwi   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mar 14 mai</b>                  |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Betteraves bio sauce vinaigrette                         |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Macédoine bio et mayonnaise                              |                  |        | X    |          |          |                 |           |            |      |        |           | X        |        |       |
|                                    | Pavé de merlu sauce cubaine                              | X                |        |      | X        | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Chou-fleur   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pommes vapeur  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Mimolette  | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Gouda  | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Banane   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Ananas   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mer 15 mai</b>                  |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Salade verte BIO   |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Boulettes pistou   | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Rôti de bœuf froid                                       |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Farfalles  |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Légumes aïoli  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fournols   | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Glace Côte chocolat-vanille                              | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>jeu 16 mai</b>                  |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Soupe andalouse, concombre et croûtons                   | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Semoule cantonnaise végétarien                           |                  | X      |      |          |          |                 |           |            | X    | X      |           | X        |        |       |
|                                    | Fromage blanc au caramel et brisure de spéculoos         | X                | X      |      |          |          |                 |           |            | X    |        |           |          |        |       |
| <b>ven 17 mai</b>                  |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Radis locaux et beurre                                   | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Carottes râpées locales                                  |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Filet de limande meunière et citron                      | X                | X      |      | X        |          |                 |           |            |      |        |           |          |        |       |
|                                    | Purée de pommes de terre BIO                             | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Montboissier   | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pont l'Evêque  | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pêches au sirop  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Abricots au sirop  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|---------------------------------------|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 20 mai au 26 mai</b> |                                       | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>lun 20 mai</b>                  | Salade de Haricots verts              |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Chou-fleur vinaigrette                |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Escalope de porc au caramel           | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Galette italienne                     | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Riz issu du commerce équitable        |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Yaourt aux fruits avec morceaux       | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pommes Golden bio                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Poire williams BIO                    |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mar 21 mai</b>                  | Pomelo bio et sucre                   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Concombre BIO et vinaigrette          |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Bœuf sauté aux oignons                | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Boulette de soja sauce tomate basilic |                  |        |      |          |          |                 |           |            | X    |        |           |          |        |       |
|                                    | Petits pois et carottes au jus        |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Cantal                                | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Tomme Noire                           | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Crème dessert à la vanille            | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Crème dessert au chocolat             | X                | X      | X    |          |          |                 |           |            | X    |        |           |          |        |       |
| <b>mer 22 mai</b>                  | Tomates locales et vinaigrette        |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Filet de Cabillaud sauce Bercy        |                  |        |      | X        | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Pommes smiles                         |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Bûchette mi-chèvre                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Compote pomme-fraise BIO              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>jeu 23 mai</b>                  | Bâtonnets de carottes sauce basilic   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Moules à la crème                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Frites et salade verte BIO            |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Smoothie mangue abricot               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>ven 24 mai</b>                  | Thon mayonnaise                       |                  |        | X    | X        | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Oeuf dur BIO mayonnaise BIO           |                  |        | X    |          |          |                 |           |            |      |        |           | X        |        |       |
|                                    | Emincé de dinde sauce curry           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pavé du fromager                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Printanière de légumes                |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | FoI épi                               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fromy                                 | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Orange                                |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Kiwi                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|---|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 27 mai au 2 juin</b> |   | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>lun 27 mai</b>                  |   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Carottes râpées vinaigrette             |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Céleri râpé vinaigrette                 |                  |        |      |          | X        |                 |           |            |      | X      |           | X        |        |       |
|                                    | Macaronis à l'indienne                  |                  | X      |      |          |          |                 |           |            |      | X      |           | X        |        |       |
|                                    | Fromage blanc, compote pomme et abricot | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fromage blanc, compote pomme et pêche   | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>mar 28 mai</b>                  |   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Tomate vinaigrette                      |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Concombre vinaigrette                   |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Filet de limande et citron              |                  |        |      | X        |          |                 |           |            |      |        |           |          |        |       |
|                                    | Ratatouille Bio et blé                  |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Mimolette                               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Emmental                                | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Glace Rocket                            | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Glace Mister freeze                     | X                | X      | X    |          |          |                 |           |            | X    |        |           |          |        |       |
| <b>mer 29 mai</b>                  |   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Taboulé "façon maison"                  |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Croq veggie tomate                      |                  | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Rôti de boeuf au jus                    | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Haricots verts BIO à l'ail              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Yaourt nature local et sucre            | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Poire allongée BIO                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
| <b>ven 31 mai</b>                  |   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Macédoine mayonnaise                    |                  |        | X    |          | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Filet de saumon sauce basilic           |                  |        |      | X        | X        |                 |           |            |      |        |           |          |        |       |
|                                    | Purée de courgettes et pommes de terre  | X                |        |      |          | X        |                 |           |            | X    |        |           |          |        |       |
|                                    | Edam BIO                                | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fraises                                 |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |