

# 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 8 janvier au 14 janvier</b> |  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>lun 8 janvier</b>                      | Potage cultivateur                     |                  |        |      |          | X        |                 |           |            |      |        |           |          |        |       |  |
|   | Haricots rouges bio et riz bio         |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Fromage blanc nature et sucre          | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Fromage blanc aux fruits 50Gr          | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Pomme                                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mar 9 janvier</b>                      | Salade du Géant (salade verte et maïs) |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Cœur de scarole croquante              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Sauté de bœuf LR bourguignon           | X                |        | X    |          | X        |                 |           |            |      |        |           |          |        |       |  |
|   | Pommes rissolées                       |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Mousse au chocolat au lait             |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Dessert lacté à la vanille             |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mer 10 janvier</b>                     | Pizza au fromage                       | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Colin ail et fines herbes              | X                |        |      | X        |          |                 |           |            |      |        |           |          |        |       |  |
|   | Carottes Vichy bio                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Coulommiers                            | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Kiwi                                   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>jeu 11 janvier</b>                     | Carottes râpées bio                    |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Chou blanc râpé BIO à la vinaigrette   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Gratin campagnard                      | X                |        |      |          |          |                 |           |            |      |        |           | X        |        |       |  |
|   | Yaourt nature bio                      | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Clémentines                            |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>ven 12 janvier</b>                     | Filet de limande meunière.             | X                | X      |      | X        |          |                 |           |            |      |        |           |          |        |       |  |
|   | Haricots beurre à l'ail                |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Cantal                                 | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Fourme d'Ambert                        | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Galette à la frangipane                | X                | X      | X    |          |          | X               |           |            |      |        |           |          |        |       |  |

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|--|---|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 15 janvier au 21 janvier</b> |   | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>lun 15 janvier</b>                      | Laitue Iceberg                              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Salade de mâche et maïs                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Coquillettes et égrené végétal sauce tomate |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Edam  | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Gouda                                       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Compote pommes BIO                          |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Compote pomme abricot BIO                   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mar 16 janvier</b>                      | Potage de légumes bio                       |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Omelette bio                                |                  |        | X    |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Petits pois au jus                          |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage blanc nature et sucre               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage blanc aux fruits 50Gr               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Poire BIO                                   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mer 17 janvier</b>                      | Rôti de veau LR au jus                      | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Semoule                                     |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Emmental bio                                | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Flan nappé au caramel                       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>jeu 18 janvier</b>                      | Rillettes de la mer                         | X                |        | X    | X        | X        |                 |           |            |      |        |           | X        |        |       |  |
|  | Mortadelle et cornichons                    |                  |        |      |          | X        |                 |           |            | X    |        |           | X        |        |       |  |
|  | Emincé volaille BIO dijonnaise              | X                |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |  |
|  | Haricots verts                              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Riz bio créole                              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Saint Nectaire                              | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Bleu d'auvergne                             | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Ananas                                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Banane                                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>ven 19 janvier</b>                      | Salade coleslaw BIO                         |                  |        | X    |          |          |                 |           |            |      |        |           | X        |        |       |  |
|  | Carottes râpées bio                         |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Accras de morue                             | X                | X      |      | X        |          |                 |           |            |      |        |           |          |        |       |  |
|  | Poêlée de légumes                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pommes cube vapeur                          |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage blanc bio nature                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Coulis de fraise                            |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |

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|--|--|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 22 janvier au 28 janvier</b> |  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>lun 22 janvier</b>                      | Potage Dubarry                                   | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Boulgour façon couscous BIO                      |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Yaourt aromatisé                                 | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Yaourt nature BIO et sucre                       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Kiwi   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Orange   |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mar 23 janvier</b>                      | Duo de Betteraves et maïs                        |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Salade lentilles maison                          |                  |        |      |          |          |                 |           |            |      | X      |           |          |        |       |  |
|  | Saucisses de Francfort                           |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Escalope de blé panée                            |                  | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Choux-fleur béchamel cheddar                     | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pommes BIO                                       |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pommes BIO                                       |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mer 24 janvier</b>                      | Carottes râpées bio                              |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Quiche égrené printanière                        | X                | X      | X    |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Salade verte                                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Gouda  | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Crème dessert à la vanille                       | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>jeu 25 janvier</b>                      | Sauté de bœuf LR sauce hongroise                 |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Poêlée de légumes bio (panais, courge, brocolis) |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Carré de l'est bio                               | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Camembert bio                                    |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Cake au chocolat maison                          | X                | X      | X    |          |          |                 |           |            | X    |        |           |          |        |       |  |
| <b>ven 26 janvier</b>                      | Oeufs durs bio, agrémentés de mayonnaise bio     |                  |        | X    |          |          |                 |           |            |      |        |           | X        |        |       |  |
|  | Roulade de volaille et cornichons                |                  |        |      |          | X        |                 |           |            |      |        |           | X        |        |       |  |
|  | Brandade de poisson maison                       | X                |        |      | X        | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage blanc nature et sucre                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage blanc aux fruits 50Gr                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|  | Clémentines                                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |

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|---|--|------------------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 29 janvier au 4 février</b> |  | <b>LES LILAS</b> |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>lun 29 janvier</b>                     | Bouillon de légumes et pâtes vermicelles |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Pavé de merlu sauce crevettes            | X                |        |      | X        | X        |                 | X         |            |      |        |           |          |        |       |  |
|   | Carottes bio ciboulette                  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Gélifié chocolat                         | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Gélifié vanille                          | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mar 30 janvier</b>                     | Feuilles de batavia                      |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Laitue Iceberg                           |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Salade de Betteraves                     |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Curry de pois chiche et semoule          |                  | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Gouda                                    | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Edam                                     | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Compote de pommes BIO                    |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Compote pomme fraise BIO                 |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
| <b>mer 31 janvier</b>                     | Salade parmentière Bio                   |                  |        | X    |          | X        |                 |           |            |      |        |           | X        |        |       |  |
|   | Pilons de poulet LR rôti au jus          | X                |        |      |          | X        |                 |           |            |      |        |           |          |        |       |  |
|   | Bouquet de brocolis béchamel             | X                | X      |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Cantal                                   | X                |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   | Poires BIO                               |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |
|   |  |                  |        |      |          |          |                 |           |            |      |        |           |          |        |       |  |