# LISTE DES ALLERGÈNES MAJEURS

| Date | Plat | Lait | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Période du 4 mars au 10 mars | | Elémentaire | | | | LES LILAS | | | | | | | | | |
| **lun 4 mars** | Potage cultivateur Bio | | | | | | | | | | | | | | |
| | Sauté de porc BBC au jus | X | | | | X | | | | | | | | | |
| | Pané mozzarella | X | X | X | | | | | | | | | | | |
| | Pommes rissolées bio | | | | | | | | | | | | | | |
| | pommes BIO | | | | | | | | | | | | | | |
| | pommes BIO | | | | | | | | | | | | | | |
| **mar 5 mars** | Salade de blé bio à la parisienne | | X | | | X | | | | | | | X | | |
| | Taboulé libanais bio | | X | | | | | | | | | | | | |
| | Omelette bio | | | X | | | | | | | | | | | |
| | Poêlée de légumes bio | | | | | | | | | | | | | | |
| | Yaourt nature bio | X | | | | | | | | | | | | | |
| | Clémentines | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **mer 6 mars** | Velouté de champignons | X | | | | X | | | | | | | | | |
| | Quiche égrené printanière | X | X | X | | | | | | | | | | | |
| | Carottes Vichy | | | | | | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | |
| | dessert lacté à la vanille | X | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **jeu 7 mars** | Sauté de bœuf LR sauce olives | | | | | | | | | | | | | | |
| | Petits pois bio à la lyonnaise | | | | | | | | | | | | | | |
| | Carré | X | | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Moelleux pomme cannelle | X | X | X | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **ven 8 mars** | Oeufs durs bio, agrémentés de mayonnaise bio | | | X | | | | | | | | | X | | |
| | Brandade de poisson maison | X | | | X | X | | | | | | | | | |
| | Fromage blanc nature et sucre | X | | | | | | | | | | | | | |
| | Fromage blanc aux fruits 50Grs | X | | | | | | | | | | | | | |
| | Ananas | | | | | | | | | | | | | | |
| | Banane | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Période du 11 mars au 17 mars | | **Elémentaire** | | | | LES LILAS | | | | | | | | | |
| **lun 11 mars** | Laitue Iceberg | | | | | | | | | | | | | | |
| | Salade de mâche agrémenté de croûtons | X | X | | | | | | | | | | | | |
| | Boulgour et base égréné à la marocaine | | X | | | X | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | |
| | Edam | X | | | | | | | | | | | | | |
| | Compote pommes BIO | | | | | | | | | | | | | | |
| | Compote pomme abricot BIO | | | | | | | | | | | | | | |
| **mar 12 mars** | Filet de lieu noir sauce aneth | X | | | X | X | | | | | | | | | |
| | Chou-fleur béchamel | X | X | | | | | | | | | | | | |
| | Fromage blanc aux fruits 50Grs | X | | | | | | | | | | | | | |
| | Fromage blanc nature et sucre | X | | | | | | | | | | | | | |
| | poire BIO | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **mer 13 mars** | Potage au potiron | X | | | | X | | | | | X | | | | |
| | Paupiette de veau marengo | X | X | | | X | | | | X | | | | | |
| | Macaroni bio | | X | | | | | | | | | | | | |
| | Saint Nectaire | X | | | | | | | | | | | | | |
| | Mousse au chocolat | X | | | | | | | | X | | | | | |
| | | | | | | | | | | | | | | | |
| **jeu 14 mars** | Rillettes de la mer | X | | X | X | X | | | | | | | X | | |
| | Rôti de bœuf LR | | | | | | | | | | | | | | |
| | Purée de PDT, potiron et céleri | X | | | | X | | | | | X | | | | |
| | Coulommiers | X | | | | | | | | | | | | | |
| | Bûchette mi-chèvre | X | | | | | | | | | | | | | |
| | Banane | | | | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |
| **ven 15 mars** | Carottes râpées bio | | | | | | | | | | | | | | |
| | Coeur de frisée | | | | | | | | | | | | | | |
| | Riz et achard de légumes (haricots plats, haricots blancs, carottes, ail oignons, persil et curry) | | | | | | | | | | | | | | |
| | Fromage blanc bio nature | X | | | | | | | | | | | | | |
| | brisure de spéculoos | | x | | | | | | | | | | | | |
| | coulis de fraise | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Période du 18 mars au 24 mars | | Elémentaire | | | | LES LILAS | | | | | | | | | |
| **lun 18 mars** | Potage de légumes bio | | | | | | | | | | | | | | |
| | Sauté de bœuf LR bourguignon | X | | X | | X | | | | | | | | | |
| | Carottes cube BIO saveur soleil | | | | | | | | | | | | | | |
| | pommes BIO | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **mar 19 mars** | Céleri rémoulade | X | X | X | X | X | | X | X | X | X | | X | | |
| | Feuilles de batavia | | | | | | | | | | | | | | |
| | Omelette bio | | | X | | | | | | | | | | | |
| | Riz créole BIO et sauce tomate | | | | | | | | | | | | | | |
| | Petit moulé nature | X | | | | | | | | | | | | | |
| | Pavé demi sel | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | x | | | | | | | | | | | | | |
| | Crème dessert au chocolat | x | | | | | | | | | | | | | |
| **mer 20 mars** | Tarte au fromage | X | X | X | | | | | | | | | | | |
| | Saucisses Knack de volaille | | | | | | | | | | | | | | |
| | Lentilles (maison) | | | | | | | | | | | | | | |
| | Yaourt nature bio | X | | | | | | | | | | | | | |
| | ananas | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **jeu 21 mars** | Oeufs durs bio | | | X | | | | | | | | | | | |
| | Choucroute de la mer | X | | | X | | | X | X | | | | | | |
| | Gateau de savoie | | x | x | | | | | | | | | | | |
| | crème anglaise | x | | x | | | | | | | | | | | |
| **ven 22 mars** | Salade de coquillettes à parisienne | | X | | | X | | | | | | | X | | |
| | Salade de lentilles | | | | | X | | | | | X | | X | | |
| | Curry de pois chiche et semoule | | X | | | | | | | | | | | | |
| | Fromage blanc nature et sucre | X | | | | | | | | | | | | | |
| | Fromage blanc aux fruits 50Grs | X | | | | | | | | | | | | | |
| | Clémentines | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

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| Période du 25 mars au 31 mars | | **Elémentaire** | | | | LES LILAS | | | | | | | | | |
| **lun 25 mars** | Crêpe au fromage | X | X | X | | | | | | | | | | | |
| | Calamar à la romaine | | X | | | | | | X | | | | | | |
| | Petits pois à la paysanne | | | | | | | | | | | | | | |
| | poire BIO | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **mar 26 mars** | Boulgour au chili végétarien | | X | | | | | | | | X | | | | |
| | Tomme grise | X | | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | compote pomme fraise BIO | | | | | | | | | | | | | | |
| | compote pomme abricot BIO | | | | | | | | | | | | | | |
| **mer 27 mars** | Crèmeux frais | X | | | | | | | | | | | | | |
| | Rôti de boeuf LR au jus | X | | | | X | | | | | | | | | |
| | Bouquet de brocolis bio | | | | | | | | | | | | | | |
| | Saint Paulin bio | X | | | | | | | | | | | | | |
| | liégeois à la vanille | x | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| **jeu 28 mars** | Carottes râpées bio | | | | | | | | | | | | | | |
| | Salade croquante | X | | X | | X | | | | | | | X | | |
| | Poulet LR sauté sauce franchard | | | | | | | | | | | | | | |
| | Purée de pommes de terre | X | | | | X | | | | | | | | | |
| | Petit suisse aux fruits bio | X | | | | | | | | | | | | | |
| | Petit suisse nature bio et sucre | X | | | | | | | | | | | | | |
| | gaufre pâtissière | | x | x | | | | | | x | | | | | |
| | | | | | | | | | | | | | | | |
| **ven 29 mars** | Potage Dubarry | X | | | | X | | | | | | | | | |
| | Tortellini Tricolore Ricotta e Spinaci base ail fines herbes | X | X | X | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| | ananas | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |