

LISTE DES ALLERGÈNES MAJEURS



| Date | Plat | Lait | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|--|-------------------------------------|------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 2 septembre au 8 septembre | | | | | | | | | | | | | | | |
| lun 2 septembre | Concombre vinaigrette | | | | | | | | | | | | | | |
| | Carottes BIO | | | | | | | | | | | | | | |
| | Colin sauce brésilienne | X | | | X | | | | | | | | | | |
| | Coquillettes | | X | | | | | | | | | | | | |
| | Petit suisse aux fruits BIO | X | | | | | | | | | | | | | |
| | Petit suisse nature BIO et sucre | X | | | | | | | | | | | | | |
| | Compote pomme-fraise | | | | | | | | | | | | | | |
| Compote de poires | | | | | | | | | | | | | | | |
| mar 3 septembre | Pastèque | | | | | | | | | | | | | | |
| | Melon jaune | | | | | | | | | | | | | | |
| | Boulette de boeuf BIO sauce tomate | X | X | | | X | | | | | | | | | |
| | Boulettes de soja à la tomate | | X | X | | | | | | X | | | | | |
| | Petits pois et carottes | | | | | | | | | | | | | | |
| | Gouda (bloc) | X | | | | | | | | | | | | | |
| | Saint Paulin (bloc) | X | | | | | | | | | | | | | |
| Petit pot vanille-fraise | X | | | | | | | | | | | | | | |
| Petit pot vanille-chocolat | X | | | | | | | | | | | | | | |
| mer 4 septembre | Filet de lieu noir et citron | | | | X | | | | | | | | | | |
| | Courgettes BIO et riz créole BIO | | | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Ananas | | | | | | | | | | | | | | |
| jeu 5 septembre | salade du pyree | X | | | | | | | | | | | | | |
| | Laitue Iceberg à l'emmental | X | | | | | | | | | | | | | |
| | Blanc de poulet | | | | | | | | | | | | | | |
| | Croque fromage | X | X | X | | | | | | | | | | | |
| | Haricots verts | | | | | | | | | | | | | | |
| | Yaourt nature bio | X | | | | | | | | | | | | | |
| | Cake aux pommes maison | X | X | X | | | | | | | | | | | |
| Moëlleux myrtilles citron | X | X | X | | | | | | | | | | | | |
| ven 6 septembre | Betteraves vinaigrette | | | | | | | | | | | | | | |
| | Macédoine, agrémentée de mayonnaise | | | X | | X | | | | | | | X | | |
| | Gratin Végétarien | X | | | | | | | | | | | X | | |
| | Edam (bloc) | X | | | | | | | | | | | | | |
| | Tomme Noire (bloc) | X | | | | | | | | | | | | | |
| | Prune Reine Claude | | | | | | | | | | | | | | |
| Prune rouge | | | | | | | | | | | | | | | |

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|---|-----------------------------------|------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 9 septembre au 15 septembre | | | | | | | | | | | | | | | |
| lun 9 septembre | Tomates locales | | | | | | | | | | | | | | |
| | Radis et beurre | X | | | | | | | | | | | | | |
| | Saucisses Francfort à la volaille | | | | | | | | | | | | | | |
| | Omelette Bio | | | X | | | | | | | | | | | |
| | Blé bio | | X | | | | | | | | | | | | |
| | Piperade | | | | | | | | | | | | | | |
| | Montboissier (bloc) | X | | | | | | | | | | | | | |
| | Saint Nectaire (bloc) | X | | | | | | | | | | | | | |
| | Pêches au sirop | | | | | | | | | | | | | | |
| Abricots au sirop | | | | | | | | | | | | | | | |
| mar 10 septembre | Duo de carottes | | | | | | | | | | X | | | | |
| | Céleri rémoulade | | | X | | X | | | | | X | | X | | |
| | Beignets de calamars | | X | | | | | | X | | | | | | |
| | Printanière de légumes | | | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | X | | | | | | | | | | | | | |
| | Crème dessert au chocolat | X | | | | | | | | X | | | | | |
| mer 11 septembre | Crêpe au fromage | X | X | X | | | | | | | | | | | |
| | Bœuf sauté au jus | X | | | | X | | | | | | | | | |
| | Nuggets de blé | | X | X | | | | | | | | | | | |
| | Mélange légumes haricots plats | | | | | | | | | | | | | | |
| | Fromage blanc BIO et sucre | X | | | | | | | | | | | | | |
| | Pêche blanche | | | | | | | | | | | | | | |
| jeu 12 septembre | Chou-fleur vinaigrette | | | | | | | | | | | | | | |
| | Salade de Haricots verts | | | | | X | | | | | | | X | | |
| | Filet de limande sauce citron | X | X | | X | | | | | | | | | | |
| | Lentilles au jus | X | | | | | | | | | X | | | | |
| | Tomme blanche (bloc) | X | | | | | | | | | | | | | |
| | Carré de l'est | X | | | | | | | | | | | | | |
| | Nectarine jaune | | | | | | | | | | | | | | |
| | Prune mirabelle | | | | | | | | | | | | | | |
| ven 13 septembre | Salade verte BIO | | | | | | | | | | | | | | |
| | Chou rouge râpé BIO vinaigrette | | | | | | | | | | | | | | |
| | Palette de porc au jus | X | | | | X | | | | | | | X | | |
| | Pavé du fromager | X | X | X | | | | | | | | | | | |
| | Epinards béchamel | X | X | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Crêpe au chocolat | X | X | X | | | | | | | | | | | |
| | Crêpe nature sucrée | X | X | X | | | | | | | | | | | |

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| Période du 16 septembre au 22 septembre | | | | | | | | | | | | | | | |
| lun 16 septembre | Betteraves vinaigrette | | | | | | | | | | | | | | |
| | Macédoine, agrémentée de mayonnaise | | | X | | X | | | | | | | X | | |
| | Emincé de volaille bio au jus | X | | | | X | | | | | | | | | |
| | Galette espagnole | | X | X | | | | | | | | | | | |
| | Boulgour et jus | X | X | | | X | | | | | | | | | |
| | Bûchette mi-chèvre | X | | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Pommes Royales Galas locales | | | | | | | | | | | | | | |
| | Pommes Golden LOCALES | | | | | | | | | | | | | | |
| mar 17 septembre | Laitue Iceberg | | | | | | | | | | | | | | |
| | Salade coleslaw | | | X | | X | | | | | | | X | | |
| | Macaronis à l'italienne | | X | | | X | | | | | X | | | | |
| | Petit suisse aux fruits | X | | | | | | | | | | | | | |
| | Petit suisse nature et sucre | X | | | | | | | | | | | | | |
| | Cône chocolat-vanille | X | X | | | | | | | | | | | | |
| | Cône vanille | X | X | | | | X | | | | | | | | |
| mer 18 septembre | Gâteau de pommes de terre à l'ail | X | X | X | | X | | | | | | | X | | |
| | Filet de Cabillaud Frais sauce Bercy | | | | X | X | | | | | | | | | |
| | Croque veggie fromage | X | X | X | | | | | | | | | | | |
| | Carottes Vichy bio | | | | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| | Orange | | | | | | | | | | | | | | |
| jeu 19 septembre | Pastèque | | | | | | | | | | | | | | |
| | Melon jaune | | | | | | | | | | | | | | |
| | Rôti de boeuf sauce dijonnaise | X | | | | X | | | | | | | X | | |
| | Croq veggie | | | | | | | | | | | | | | |
| | Ratatouille et riz Bio | | | | | | | | | | | | | | |
| | Fromage blanc à la garniture de framboise et Oréo | X | X | | | | X | | | X | | | | | |
| ven 20 septembre | Tomate vinaigrette | | | | | | | | | | | | | | |
| | Concombre vinaigrette | | | | | | | | | | | | | | |
| | Aiguillette de colin meunière | X | X | X | X | X | | | | | | | X | | |
| | Haricots verts et flageolets | | | | | | | | | | | | | | |
| | Mimolette (bloc) | X | | | | | | | | | | | | | |
| | Fournols | X | | | | | | | | | | | | | |
| | Compote pomme-banane | | | | | | | | | | | | | | |
| | Compote pomme-abricot | | | | | | | | | | | | | | |

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| Période du 23 septembre au 29 septembre | | | | | | | | | | | | | | | |
| lun 23 septembre | Saucisson sec | X | | | | | X | | | X | | | | | |
| | Pâté de volaille | X | X | X | | | | | | | | | | | |
| | Filet de hoki sauce aigre douce | X | X | | X | X | | | | X | | | X | | |
| | Brunoise de légumes | | | | | | | | | | X | | | | |
| | Coquillettes | | X | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Tomme grise | X | | | | | | | | | | | | | |
| | Orange | | | | | | | | | | | | | | |
| Kiwi | | | | | | | | | | | | | | | |
| mar 24 septembre | Melon jaune | | | | | | | | | | | | | | |
| | Pastèque | | | | | | | | | | | | | | |
| | Couscous merguez | X | X | | | | | | | | X | | X | | |
| | Couscous végétarien | | | | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| | Cake Crousti choco | X | X | X | | | X | | | X | | | | | |
| Cake à la vanille "façon maison" | X | X | X | | | | | | | | | | | | |
| mer 25 septembre | Poireaux vinaigrette | | | | | | | | | | | | | | |
| | Sauté d'agneau | X | X | X | | X | | | | X | | | | | |
| | Omelette Bio | | | X | | | | | | | | | | | |
| | Printanière de légumes | | | | | | | | | | | | | | |
| | Saint Paulin BIO | X | | | | | | | | | | | | | |
| Poire ronde BIO | | | | | | | | | | | | | | | |
| jeu 26 septembre | Salade de blé bio à l'orientale | | X | | | X | | | | | | | X | | |
| | Salade de riz à la niçoise "façon maison" | | | | X | X | | | | | | | X | | |
| | Pavé de merlu sauce aurore | X | | | X | | | | | X | | | | | |
| | Poêlée de légumes béarnaise | X | | | | X | | | | | X | | | | |
| | Cotentin | X | | | | | | | | | | | | | |
| | Petit moulé ail et fines herbes | X | | | | | | | | | | | | | |
| | Ananas frais BIO | | | | | | | | | | | | | | |
| | Banane BIO | | | | | | | | | | | | | | |
| ven 27 septembre | Salade farandole | | | | | | | | | | | | | | |
| | Crèmeux frais | X | | | | | | | | | | | | | |
| | Hachis parmentier | X | X | | | X | | | | | X | | | | |
| | Galette tex mex | | X | | | | | | | | | | | | |
| | Purée de pomme de terre | | | | | | | | | | | | | | |
| | Abricots au sirop | | | | | | | | | | | | | | |
| Cocktail de fruits au sirop | | | | | | | | | | | | | | | |

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| Période du 30 septembre au 6 octobre | | | | | | | | | | | | | | | |
| lun 30 septembre | Concombre vinaigrette | | | | | | | | | | | | | | |
| | Pomelos et sucre | | | | | | | | | | | | | | |
| | Moules au curry | X | | | X | | | | X | | | | | | |
| | Frites | | | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Bûchette mi-chèvre | X | | | | | | | | | | | | | |
| | Bleu (bloc) | X | | | | | | | | | | | | | |
| | Compote de pommes | | | | | | | | | | | | | | |
| Compote de poires | | | | | | | | | | | | | | | |
| mar 1 octobre | Betteraves vinaigrette | | | | | | | | | | | | | | |
| | Chou-fleur vinaigrette | | | | | | | | | | | | | | |
| | Riz Bio méli mélo du potager | | | | | | | | | | | | | | |
| | Tomme Noire (bloc) | X | | | | | | | | | | | | | |
| | Tomme grise | X | | | | | | | | | | | | | |
| | Poire ronde BIO | | | | | | | | | | | | | | |
| Pommes Golden bio | | | | | | | | | | | | | | | |
| mer 2 octobre | Céleri rémoulade BIO | | | X | | X | | | | | X | | X | | |
| | Blanc de poulet | | | | | | | | | | | | | | |
| | Pavé du fromager | X | X | X | | | | | | | | | | | |
| | Macaroni | | X | | | | | | | | | | | | |
| Milk Shake fraise | X | | | | | | | | | | | | | | |
| jeu 3 octobre | Friand au fromage | X | X | X | | | | | | | | | | | |
| | Friand à la viande | X | X | | | | | | | | | | | | |
| | Nuggets de poisson | | X | | X | | | | | | | | | | |
| | Haricots verts BIO | | | | | | | | | | | | | | |
| | Fromage fondu Président | X | | X | | | | | | | | | | | |
| | Petit moulé nature | X | | | | | | | | | | | | | |
| | Raisin noir | | | | | | | | | | | | | | |
| Raisin blanc | | | | | | | | | | | | | | | |
| ven 4 octobre | Salade verte LOCALE | | | | | | | | | | | | | | |
| | Salade coleslaw BIO | | | X | | | | | | | | | X | | |
| | Rôti de boeuf au jus | X | | | | X | | | | | | | | | |
| | Galette de blé épinards | X | X | X | | | | | | | | | | | |
| | Carottes Vichy | | | | | | | | | | | | | | |
| | Pommes vapeur | | | | | | | | | | | | | | |
| | Yaourt aux fruits | X | | | | | | | | | | | | | |
| | Roulé aux myrtilles | X | X | X | | | | | | X | | | | | |
| Roulé au chocolat | X | X | X | | | | | | X | | | | | | |

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| Période du 7 octobre au 13 octobre | | | | | | | | | | | | | | | |
| lun 7 octobre | Céleri râpé BIO | | | | | | | | | | X | | | | |
| | Tortellini Ricotta Spinaci à l'ail et aux échalotes | X | X | X | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | |
| | Pomelos et sucre | | | | | | | | | | | | | | |
| | Ananas | | | | | | | | | | | | | | |
| mar 8 octobre | Laitue Iceberg et maïs | | | | | | | | | | | | | | |
| | Steak de colin sauce diablotin | | X | | | X | | | | X | | | | | |
| | Purée de céleri et pommes de terre | X | | | | X | | | | X | X | | | | |
| | Yaourt nature sucré BIO | X | | | | | | | | | | | | | |
| | Marbré cacao | X | X | X | | | | | | | | | | | |
| mer 9 octobre | Pain carottes à l'aneth | X | X | X | | X | | | | | | | X | | |
| | Sauté de boeuf au caramel | X | | | | X | | | | | | | | | |
| | Riz à l'indienne | | | | | | X | | | | | | | | |
| | Tomme Noire BIO | X | | | | | | | | | | | | | |
| | Stracciatella citron et chocolat | X | | | | | X | | | X | | | | | |
| jeu 10 octobre | Endives vinaigrette (local) | | | | | | | | | | | | | | |
| | Poulet rôti sauce vallé d'Auge | | | | | | | | | | | | | | |
| | Escalope de blé panée | | X | X | | | | | | | | | | | |
| | Gratin Dauphinois | X | | | | | | | | | | | | | |
| | Fromage blanc nature | X | | | | | | | | | | | | | |
| | Pêches au sirop | | | | | | | | | | | | | | |
| ven 11 octobre | Chou-fleur sauce cocktail | X | | X | | X | | | | | X | | X | | |
| | Pavé de merlu sauce homardine | X | | | X | | | X | | | | | | | |
| | Haricots verts BIO | | | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Salade Arlequin | | | | | | | | | | | | | | |

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| Période du 14 octobre au 20 octobre | | | | | | | | | | | | | | | |
| lun 14 octobre | Laitue Iceberg | | | | | | | | | | | | | | |
| | Salade coleslaw | | | X | | X | | | | | | | X | | |
| | Brandade de poisson maison | X | | | X | X | | | | | | | | | |
| | Fromage blanc et compote pomme-banane | X | | | | | | | | | | | | | |
| mar 15 octobre | Carottes râpées | | | | | | | | | | | | | | |
| | Salade de mâche | | | | | | | | | | | | | | |
| | Bœuf sauté au jus | X | | | | X | | | | | | | | | |
| | Nuggets de blé | | X | X | | | | | | | | | | | |
| | Ratatouille et riz Bio | | | | | | | | | | | | | | |
| | Petit suisse aux fruits | X | | | | | | | | | | | | | |
| | Petit suisse sucré | X | | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | | |
| Flan à la vanille | X | | | | | | | | | | | | | | |
| mer 16 octobre | Salade parmentière bio à la catalane | | | | | X | | | | | | | X | | |
| | Filet de hoki sauce safranée | X | | | X | X | | | | | | | | | |
| | Haricots plats d'Espagne | | | | | | | | | | | | | | |
| | Farfalles | | X | | | | | | | | | | | | |
| | Gouda (bloc) | X | | | | | | | | | | | | | |
| Raisin noir | | | | | | | | | | | | | | | |
| jeu 17 octobre | Salade farandole | | | | | | | | | | | | | | |
| | Trio de crudités | | | | | | | | | | X | | | | |
| | Semoule cantonnaise végétarien | | X | | | | | | | X | X | | X | | |
| | Brownies maison | X | X | X | | | | | | X | | | | | |
| | Cake à la noix de coco maison | X | X | X | | | | | | | | | | | |
| ven 18 octobre | Salade de Haricots verts | | | | | X | | | | | | | X | | |
| | Macédoine, agrémentée de mayonnaise | | | X | | X | | | | | | | X | | |
| | Palette de porc au jus | X | | | | X | | | | | | | X | | |
| | Galette italienne | X | X | | | | | | | | | | | | |
| | Chou-fleur béchamel | X | X | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Bleu (bloc) | X | | | | | | | | | | | | | |
| | Banane BIO | | | | | | | | | | | | | | |
| | Ananas frais BIO | | | | | | | | | | | | | | |

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| Période du 21 octobre au 27 octobre | | | | | | | | | | | | | | | |
| lun 21 octobre | Salade verte | | | | | | | | | | | | | | |
| | Saucisses Francfort à la volaille | | | | | | | | | | | | | | |
| | Croque veggie fromage | X | X | X | | | | | | | | | | | |
| | Pommes rissolées | | | | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| | Compote cherry | | | | | | | | | | | | | | |
| mar 22 octobre | Betteraves bio sauce vinaigrette | | | | | | | | | | | | | | |
| | Poulet rôti au jus | X | | | | X | | | | X | | | | | |
| | Escalope de blé panée | | X | X | | | | | | | | | | | |
| | Petits pois au jus | X | | | | | | | | | | | | | |
| | Tomme blanche (bloc) | X | | | | | | | | | | | | | |
| | Poire ronde BIO | | | | | | | | | | | | | | |
| mer 23 octobre | Roulade de volaille et cornichons | | | | | X | | | | | | | X | | |
| | Filet de lieu noir sauce citron | X | | | X | | | | | | | | | | |
| | Courgette et blé provençale | | X | | | X | | | | | | | | | |
| | Edam (bloc) | X | | | | | | | | | | | | | |
| | Pommes Golden bio | | | | | | | | | | | | | | |
| jeu 24 octobre | Céleri râpé bio | | | | | | | | | | X | | | | |
| | Steak haché à la tomate | X | | | | X | | | | | | | | | |
| | Boulettes de soja à la tomate | | X | | | | | | | X | | | | | |
| | Boulgour | | X | | | | | | | | | | | | |
| | Piperade | | | | | | | | | | | | | | |
| | Saint Paulin (bloc) | X | | | | | | | | | | | | | |
| | Muffin's à la vanille et pépites de chocolat | X | X | X | | | | | | X | | | | | |
| ven 25 octobre | Salade de tortis au surimi "façon maison" | | X | X | X | X | | X | | | | | X | | |
| | Filet de saumon sauce fromage frais | X | | | X | | | | | | | | | | |
| | Purée d'épinards et pommes de terre | X | | | | X | | | | X | | | | | |
| | Fromage blanc et sucre | X | | | | | | | | | | | | | |
| | | Banane | | | | | | | | | | | | | |

LISTE DES ALLERGÈNES MAJEURS



| Date | Plat | Lait | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|--|--|------|--------|------|----------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 28 octobre au 3 novembre | | | | | | | | | | | | | | | |
| lun 28 octobre | Salade de lentilles | | | | | | | | | | X | | | | |
| | Filet de limande meunière | X | X | | X | | | | | | | | | | |
| | Haricots verts BIO | | | | | | | | | | | | | | |
| | Saint Nectaire (bloc) | X | | | | | | | | | | | | | |
| | Poire ronde BIO | | | | | | | | | | | | | | |
| mar 29 octobre | Carottes râpées à la méridionale | | | X | | X | | | | | | | X | | |
| | Penne à la bolognaise | | X | | | | | | | | | | | | |
| | Penne à la mexicaine | | | | | | | | | | | | | | |
| | Emmental (bloc) | X | | | | | | | | | | | | | |
| | Carpaccio d'ananas au sirop, saupoudré de cannelle | | | | | | | | | | | | | | |
| mer 30 octobre | Endives et dés d'emmental | X | | | | | | | | | | | | | |
| | Omelette bio | X | | X | | | | | | | | | | | |
| | Épinards braisés | X | | | | | | | | | X | | | | |
| | Pommes cube vapeur | | | | | | | | | | | | | | |
| | Yaourt aux fruits | X | | | | | | | | | | | | | |
| | Stracciatella copeaux chocolat | X | | | | | | | | X | | | | | |
| jeu 31 octobre | Macédoine, agrémentée de mayonnaise | | | X | | X | | | | | | | X | | |
| | Tarte aux légumes du soleil | X | X | X | | | | | | | | | | | |