

LISTE DES ALLERGÈNES

| Date | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin | |
|--------------------------------------|------------------------------------|--------------|--------------|------|---------|--|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 12 juin au 18 juin | | Lycée | | | | Self Notre DAME 1 - NOTRE DAME 21 | | | | | | | | | | |
| lun 12 juin | Crêpe au fromage | X | X | X | | | | | | | | | | | | |
| | Salade chou chou | X | | X | | X | | | | | | | X | | | |
| | Tomate en éventail | | | X | | | | | | | | | | | | |
| | Pâté de foie | X | X | | | X | | | | X | | | X | | | |
| | Betteraves vinaigrette maison | | | | | X | | | | | | | X | | | |
| | Duo de concombre et maïs | X | | | | X | | | | | X | | X | | | |
| | Sandwich baguette bayonne | X | X | | | X | | | | | | | | | | |
| | Boulettes d'agneau à la tomate | X | X | X | | X | | | | X | | | | | | |
| | Pizza royale | X | X | | | | | | | | | | | | | |
| | Paupiette de veau | X | X | X | | | | | | X | | | | | | |
| | Emincé de dinde sauce suprême | X | | | | | | | | | | | | | | |
| | Courgettes saveur Orientale frites | | | | | X | | | | | | | X | | | |
| | Pommes grenailles | X | | | | | | | | | | | | | | |
| | Coquillettes | | X | | | | | | | | | | | | | |
| | Pêlé mêle provençal | | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | | |
| | Mimolette | X | | | | | | | | | | | | | | |
| | Gaufre créole | | X | X | | | | | | X | | | | | | |
| | Abricot au sirop | | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | | |
| | Liégeois à la vanille | X | | | | | | | | | | | | | | |
| | Roulé framboise | X | X | X | | | | | | X | | | | | | |
| | Compote de pommes fraises | | | | | | | | | | | | | | | |
| mar 13 juin | Saucisson à l'ail | | X | | | X | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | | |
| | Salade de soja | | | | | | | | | | | | | | | |
| | Tarte à la tomate | X | X | | | X | | | | | | | X | | | |
| | Rillettes à la sardine | X | | X | X | X | | | | | | | X | | | |
| | Tzatziki | X | | | | | | | | | | | | | | |
| | Beignets de merlu au citron | X | X | | X | | | | X | X | | | X | | | |
| | Sandwich baguette le plat pays | X | X | | | | | | | | | | | | | |
| | Panini orlando | X | X | | | | X | | | X | | | | | | |
| | Poissonnette | X | X | X | X | X | | | | | | | | | | |
| | Sauté de boeuf bobotie | | | | | X | | | | | | | | | | |
| | Ratatouille | | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | | |
| | Riz pilaf | | | | | | | | | | | | | | | |
| | Semoule | | X | | | | | | | | | | | | | |
| | Choux-fleurs persillés | | | | | | | | | | | | | | | |
| | Cotentin | X | | | | | | | | | | | | | | |
| | Smoothie banane pomme | X | | | | | | | | | | | | | | |
| | Compote de poires | | | | | | | | | | | | | | | |
| | Panna cotta noix de coco | X | | | | | | | | | | | | | | |
| | Fromage blanc touche de kiwi | X | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | | |
| | Mini choux vanille au chocolat | X | X | X | | | | | | | | | | | | |
| mer 14 juin | Croûtons de chèvre | X | X | | | | | | | | | | | | | |
| | Salade de pois chiches | | | | | | | | | | | | | | | |
| | Melon vert | | | | | | | | | | | | | | | |

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|-------------|------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| | Cervelas vinaigrette | | | | | X | | | | | | | X | | |
| | Délice du soleil | X | | | | | | | | | | | | | |
| | Salade de riz | | | | | | | | | | | | | | |
| | Spaghetti à la paysanne | X | X | | | | | | | | | | | | |
| | TACOS MEXICAIN | X | X | | | | | | | | | | | | |
| | Omelette du randonneur | X | | X | | | | | | | | | | | |
| | Navarin d'agneau | | X | | | | X | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Purée | X | | | | X | | | | X | | | | | |
| | épinard à l'indienne | X | | | | X | | | | | | | X | | |
| | Haricots beurre en persillade | X | | | | | | | | | | | | | |
| | Blé à la tomate | X | X | X | | X | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | | |
| | Clafoutis a la pêche | X | X | X | | | X | | | | | | | | |
| | Salade de fruits frais | | | | | | | | | | | | | | |
| | Millefeuille vanille | X | X | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Compotée caramel et pain d'épices | | X | | | | | | | | | | | | |
| jeu 15 juin | Salade catalane | | | | | | | | | | | | | | |
| | Carottes râpées | | | | | | | | | | | | | | |
| | Macédoine mayonnaise | | | X | | X | | | | | | | X | | |
| | Pizza au fromage | X | X | | | | | | | | | | | | |
| | Gaspacho de tomates au basilic | | | | | | | | | | | | | | |
| | Haricots verts en salade | | | | | | | | | | | | | | |
| | Pavé de colin à la crème de persil | X | | | X | | | | | | | | | | |
| | Sandwich baguette méga top | X | X | X | | X | | | | | | | X | | |
| | Croissant au jambon | X | X | X | | | | | | | | | | | |
| | Rôti de porc sauce champignons | X | X | | | | | | | | X | | | | |
| | Nuggets de volaille | X | X | | | X | | | | | | | | | |
| | Poêlée de Guyane | | | | | | | | | | X | | | | |
| | frites | | | | | | | | | | | | | | |
| | Spaghetti | X | X | | | | | | | | | | | | |
| | Pommes campagnardes | | | | | | | | | | | | | | |
| | Tomate au four | | | | | | | | | | | | | | |
| | Fondu Président | X | | X | | | | | | | | | | | |
| | Moelleux aux framboises | X | X | X | | | X | | | | | | | | |
| | Compote d'ananas | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Crème fouettée aux fruits | X | | | | | | | | X | | | | | |
| | Glace vanille chocolat | X | | | | | | | | | | | | | |
| ven 16 juin | Salade verte au maïs | | | | | | | | | | | | | | |
| | Roulade aux olives | | | | | X | | | | | | | | | |
| | Friand à la viande | X | X | | | | | | | | | | | | |
| | Salade de pommes de terre | | | | | | | | | | | | | | |
| | Céleri rémoulade | | | X | | X | | | | | X | | X | | |
| | Salade au brie et raisins | X | | | | | | | | | | | | | |
| | Salade club | X | | | | | | | | | | | | | |
| | Oeufs durs mayonnaise | | | X | | X | | | | | | | X | | |
| | Cheese-burger | X | X | X | | | | | | X | | | X | X | |
| | Boulet sauce poivrelle | X | | X | | | | | | | | | | | |

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|------|-------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| | Sandwich baguette au poulet | X | X | X | | X | | | | | | | X | | |
| | Gratin de fruits de mer | X | X | X | X | X | X | X | X | | | | | | |
| | Lieu à l'indienne | X | | X | X | X | | | | | | | | | |
| | Rôti de porc aux herbes | X | | X | | X | | | | | | | | | |
| | Riz créole | X | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Poêlée brocolis et champignons | X | | | | | | | | | | | | | |
| | Carottes béchamel | X | | | | | | | | | | | | | |
| | Blé | X | X | | | | | | | | | | | | |
| | Tomme blanche | X | | | | | | | | | | | | | |
| | Assortiment de fromages et laitages | X | | | | | | | | | | | | | |
| | Croc lait | X | | | | | | | | | | | | | |
| | Entremets à la vanille | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Gâteau choco | | X | X | | | | | | | | | | | |
| | Flan au chocolat | X | | | | | | | | | | | | | |
| | Cocktail de fruits à la créole | X | | X | | | | | | | | | | | |
| | Barre bretonne | | X | X | | | | | | | | | | | |