

LISTE DES ALLERGÈNES

| Date | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|--------------------------------------|--|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 13 mars au 19 mars | | Lycée Self Notre DAME 1 - NOTRE DAME 20 | | | | | | | | | | | | | |
| lun 13 mars | Haricots verts au maïs | | | | | | | | | | | | | | |
| | Roulade aux olives | | | | | X | | | | | | | | | |
| | Pizza au fromage | X | X | | | | | | | | | | | | |
| | Pâté de foie | X | X | | | X | | | | X | | | X | | |
| | Brocolis en salade | | | | | | | | | | | | | | |
| | Rillettes à la sardine | X | | X | X | X | | | | | | | X | | |
| | Sandwich baguette au pays de meaux | X | X | | | | | | | | | | | | |
| | Lieu à l'indienne | X | | X | X | X | | | | | | | | | |
| | Tarte aux trois fromages | X | X | X | | | | | | | | | | | |
| | Jambonneau | | | | | | | | | | | | | | |
| | Sarran quiche kebbab | X | X | X | | | | | | X | | | X | | |
| | Epinards à la crème | X | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Riz créole | X | | | | | | | | | | | | | |
| | Coquillettes | | X | | | | | | | | | | | | |
| | Gratin de fenouil à la niçoise | X | | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Rondelé nature | X | | | | | | | | | | | | | |
| | Entremets à la vanille | X | | | | | | | | | | | | | |
| | Ananas frais | | | | | | | | | | | | | | |
| | Rocher coco choco | | | X | | | X | | | | | | | | |
| | Flan au chocolat | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Mousse framboise | X | X | | | | X | | | X | | | | | |
| mar 14 mars | Salade de ble à la parisienne | X | X | | | | | | | | | | | | |
| | Salade ninon | | | | | | | X | | | | | | | |
| | Tartine savoyarde | X | X | X | | X | | | | | | | | | |
| | Radis beurre | X | | | | | | | | | | | | | |
| | Endive en salade | | | | | | | | | | | | | | |
| | Cervelas vinaigrette | | | | | X | | | | | | | X | | |
| | Beignets de calamars | | X | | | | | | X | | | | | | |
| | Sandwich Kebab | X | X | | | | | | | X | | | | | |
| | Sandwich baguette au poulet curry crudit | X | X | X | | | | | | X | | | | | |
| | Steak haché sauce provençale | X | | | | | | | | | | | | | |
| | Boeuf Local braisé mironton | | X | | | X | X | | | | X | | | | |
| | Purée | X | | | | | | | | X | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Carottes vichy | | | | | | | | | | | | | | |
| | Petits pois | | | | | | | | | | | | | | |
| | Semoule | | X | | | | | | | | | | | | |
| | Edam | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Roulé aux myrtilles | X | X | X | | | | | | X | | | | | |
| | Fromage blanc au sirop de cassis | X | | | | | | | | | | | | | |
| | Moelleux fromage blanc vanille | X | X | X | | | X | | | | | | | | |
| | Gateau marbré maison | | X | X | | | X | | | | | | | | |
| | Straciatella | X | | | | | | | | X | | | | | |
| mer 15 mars | Salade mixte panachée | | | | | X | | | | | | | X | | |
| | Pâté de campagne | X | X | X | | X | | | | X | X | | X | | |
| | Betteraves vinaigrette maison | | | | | X | | | | | | | X | | |

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|-------------|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| | Friand au fromage | X | X | X | | | | | | | | | | | |
| | Céleri rémoulade | | | X | | X | | | | | X | | X | | |
| | Concombre vinaigrette | | | | | | | | | | | | | | |
| | Hot dog | | X | | | X | | | | | | | X | | |
| | Merguez | | | | | X | | | | | | | | | |
| | Ravioli à la volaille | X | X | X | | | | | | | X | | X | | |
| | Omelette nature | X | | X | | | | | | | | | | | |
| | Riz Créole | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Julienne de légumes | X | | | | | | | | | X | | | | |
| | Ratatouille | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | |
| | Fruits caramélisés | X | X | | | | X | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Gâteau cerises | X | X | X | | | X | | | | | | | | |
| | Gaufre fantasia | | X | X | | | | | | X | | | | | |
| | Crème aux oeufs à la vanille | X | | X | | | | | | | | | | | |
| | Compote de pommes abricots | | | | | | | | | | | | | | |
| | Nordique surimi | X | X | X | X | X | | X | | X | | | | | |
| jeu 16 mars | Club sandwich | X | X | X | | X | | | | | | | X | | |
| | Salade américaine | | | X | | | | | | | | | X | | |
| | Salade César | X | X | | | X | | | | | | | X | | |
| | Tomate ciboulette | | | | | | | | | | | | | | |
| | Salade coleslaw | | | X | | X | | | | | | | X | | |
| | Salade printanière | X | | | | X | | | | | | | X | | |
| | Spaghetti à la bolognaise | X | X | X | | X | X | | | | | | | | |
| | Sandwich baguette traditionnel | | X | X | | X | | | | | | | X | | |
| | Cheese-burger | X | X | X | | | | | | X | | | X | X | |
| | Raclette | X | X | | | X | | | | | | | | | |
| | Haut de cuisse sauce USA | X | X | X | X | X | | | | | X | | | | |
| | Poêlée de légumes | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Pommes de terre au four | X | | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Potatoes spicy | | X | | | | | | | | | | | | |
| | St Moret | X | | | | | | | | | | | | | |
| | Cookies chocolat aux épices | X | X | X | | | X | | | X | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Gâteau oréo | X | X | X | | | X | | | X | | | | | |
| | Banane cuite au four | | | | | | | | | | | | | | |
| | Crème fouettée aux fruits | X | | | | | | | | X | | | | | |
| | Smoothie banane fraise | X | | X | | | | | | | | | | | |
| ven 17 mars | Saucisson à l'ail | | X | | | X | | | | | | | | | |
| | Salade de soja | | | | | | | | | | | | | | |
| | Salade de lentilles bûchette et miel | X | X | | | X | | | | | X | | | | |
| | Betterave et maïs | | | | | | | | | | | | | | |
| | Salade de pâtes et sa sauce Andalouse | | X | | | X | | | | | | | | | |
| | Salade verte au surimi | | X | X | X | X | | X | | X | | | | | |
| | Taboulé | | X | | | | | | | | | | | | |
| | Salade Thali | | | | | | | | | | | | | | |
| | Panini fermier | X | X | | | | X | | | X | | | | | |
| | Sandwich baguette octobre orange | X | X | X | | X | | | | | | | X | | |

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| | Emincé de boeuf à la provençale | | X | | | | X | | | | | | | | |
| | Saucisse fumée | X | | | | | | | | | | | X | | |
| | Filet de colin meunière | X | X | X | X | | | | | | | | | | |
| | Omelette plate à l'espagnole | X | | X | | | | | | | | | | | |
| | Semoule frites | | X | | | | | | | | | | | | |
| | Pêlé mêlé provençal | | | | | | | | | | | | | | |
| | Haricots verts | X | | | | | | | | | | | | | |
| | Pommes vapeur | | | | | | | | | | | | | | |
| | Fondu Président | X | | X | | | | | | | | | | | |
| | Assortiment de fromages et laitages | X | | | | | | | | | | | | | |
| | Carré de l'Est | X | | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | | |
| | Entremets au praliné | X | | | | | X | | | | | | | | |
| | Salade de fruits frais | | | | | | | | | | | | | | |
| | Liégeois au café | X | | | | | | | | | | | | | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |