

LISTE DES ALLERGÈNES



| Date | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin | |
|--------------------------------------|--------------------------------------|--------------|--------------|------|---------|--|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 20 mars au 26 mars | | Lycée | | | | Self Notre DAME 1 - NOTRE DAME 20 | | | | | | | | | | |
| lun 20 mars | Pizza au fromage | X | X | | | | | | | | | | | | | |
| | Pâté de foie | X | X | | | X | | | | X | | | X | | | |
| | Salade club | X | | | | | | | | | | | | | | |
| | Salade de papillons au pistou | X | X | | | | | | | | | | | | | |
| | Tarte flamande | X | X | | | | | | | | | | | | | |
| | Mousse de tomate et fromage frais | X | | | | | | | | | | | | | | |
| | Sandwich baguette campagnard | | X | | | X | | | | | | | | | | |
| | Filet de colin sauce crème | X | | | X | | | | | | | | | | | |
| | Nuggets de volaille | X | X | | | X | | | | | | | | | | |
| | Tian de boeuf aux légumes du soleil | X | | | | | | | | | | | | | | |
| | Steak haché | | | | | | | | | | | | | | | |
| | Poêlée de brocolis et champignons | X | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | | |
| | Riz Créole | | | | | | | | | | | | | | | |
| | Purée | X | | | | | | | | X | | | | | | |
| | Epinards à la crème | X | | | | | | | | | | | | | | |
| | Tartare ail et fines herbes | X | | | | | | | | | | | | | | |
| | Mousse citron | X | X | | | | X | | | X | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | | |
| | Barre bretonne | | X | X | | | | | | | | | | | | |
| | Compotée de pommes façon crumble | X | X | | | | X | | | | | | | | | |
| | Panna cotta noix de coco | X | | | | | | | | | | | | | | |
| | Flan à la vanille | X | | | | | | | | | | | | | | |
| mar 21 mars | Croquant de salade | | | | | | | | | | | | | | | |
| | Salade d'endives | | | | | | | | | | | | | | | |
| | Salade de pomme de terre aux légumes | X | | | | | | | | | | | | | | |
| | Mortadelle pur porc | | | | | X | | | | | | | | | | |
| | Concombres à la ciboulette | | | | | | | | | | | | | | | |
| | Pâté de campagne | X | X | X | | X | | | | X | X | | X | | | |
| | Spaghetti à la carbonara | X | X | X | | | X | | | | | | | | | |
| | Sandwich baguette mixte | X | X | | | | | | | | | | | | | |
| | Risotto de dinde | X | | X | | X | | | | | X | | | | | |
| | Croquettes de poisson à l'ail | X | X | | X | | | | | | | | X | | | |
| | Rôti de porc au cidre | X | | | | X | | | | | | | | | | |
| | Spaghetti | X | X | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | | |
| | Brocolis | X | | | | | | | | | | | | | | |
| | Carottes persillées | X | | | | | | | | | | | | | | |
| | Coudes | X | X | | | | | | | | | | | | | |
| | Montboissier | X | | | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | | | |
| | Entremets au caramel | X | | | | | | | | | | | | | | |
| | Compotée de rhubarbe meringuée | | | X | | | | | | | | | | | | |
| | Salade de fruits frais | | | | | | | | | | | | | | | |
| | Fraicheur ananas | X | X | X | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | | |
| | Entremets au chocolat | X | | | | | | | | | | | | | | |
| mer 22 mars | Pain de maquereau à la tomate | X | X | X | X | X | | | | | | | X | | | |
| | Salade verte | | | | | | | | | | | | | | | |
| | Toast au camembert | X | X | | | X | | | | | | | X | | | |

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|------|-------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| | Betteraves vinaigrette maison | | | | | X | | | | | | | X | | |
| | Roulade aux olives | | | | | X | | | | | | | | | |
| | Oeufs durs mayonnaise | | | X | | X | | | | | | | X | | |
| | Sandwich baguette paysan | X | X | | | X | | | | | | | | | |
| | Quiche lorraine | X | X | X | X | | | X | X | | X | | X | | |
| | filet de colin sauce crème citron | X | | | X | | | | | | | | | | |
| | Quiche Provençale (Michel Sarran) | X | X | X | | | | | | X | | | | | |
| | Sauté de boeuf en estouffade | | X | | | | X | | | | | | | | |
| | Blettes au gratin | X | | | | | | | | | | | | | |
| | Riz Créole | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Purée | X | | | | | | | | X | | | | | |
| | Ragoût de légumes | | | X | | | | | | | X | | X | | |
| | Cotentin | X | | | | | | | | | | | | | |
| | Duo d'agrumes | | | | | | | | | | | | | | |
| | Smoothie banane cannelle | X | | | | | | | | | | | | | |
| | Matefaim aux pommes | X | X | X | | | X | | | | | | | | |
| | Cake aux deux amandes | X | X | X | | | X | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Fromage blanc au sirop de grenadine | X | | | | | | | | | | | | | |

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|-------------|--------------------------------------|---|---|---|---|---|---|---|--|---|---|--|---|--|--|
| jeu 23 mars | Duo de saucissons | | X | | | X | | | | | | | | | |
| | Pêche au thon | X | | X | X | X | | | | | | | X | | |
| | Céleri rémoulade | | | X | | X | | | | | X | | X | | |
| | Tartine savoyarde | X | X | X | | X | | | | | | | | | |
| | Salade chinoise | | | | | | | | | | | | | | |
| | Salade antillaise | | | | | | | X | | | | | | | |
| | Rissolette de veau sauce champignons | X | X | X | | X | | | | X | | | | | |
| | Sandwich baguette le tout frais | X | X | | | | X | | | | | | | | |
| | Panini bolognaise | X | X | X | | X | | | | | | | | | |
| | Emincé de porc au camembert | X | X | X | | | X | | | | X | | | | |
| | Omelette aux champignons | X | | X | | | | | | | | | | | |
| | Semoule | | X | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Petits pois à la paysanne | X | | | | | | | | | | | | | |
| | Courgettes saveur Orientale | | | | | X | | | | | | | X | | |
| | Pommes campagnardes | | | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Roulé framboise | X | X | X | | | | | | X | | | | | |
| | Entremets au praliné | X | | | | | X | | | | | | | | |
| | Moelleux myrtilles citron | X | X | X | | | X | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-------------------|-------------------------------|---|---|---|--|---|---|--|--|---|--|--|---|--|--|
| ven 24 mars | Salade de riz | | | | | | | | | | | | | | |
| | Légumes à la grecque | X | | X | | X | | | | | | | | | |
| | Salade au brie et raisins | X | | | | | | | | | | | | | |
| | Salade de ble à la parisienne | X | X | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Houmous et mouillettes | | X | | | | | | | | | | | | |
| | Salade douceur | | | | | X | | | | | | | X | | |
| | Macédoine vinaigrette | | | | | X | | | | | | | X | | |
| Date d'impression | Kafta d'agneau à la harissa | | X | | | | X | | | X | | | | | |

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|------|-------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| | Croque monsieur | X | X | | | | | | | | | | | | |
| | Sandwich baguette au thon | | X | X | X | X | | | | | | | X | | |
| | Poulet sauce poulette | X | | X | | | | | | | | | | | |
| | Filet de lieu à la tapenade | | | | X | | | | | | | | | | |
| | Chausson lyonnais | X | X | X | | | | | | | | | | | |
| | Pêlé mêle provençal | | | | | | | | | | | | | | |
| | frites | | | | | | | | | | | | | | |
| | Polenta au beurre | X | | | | | | | | | | | | | |
| | Coquillettes | | X | | | | | | | | | | | | |
| | Fondue de poireaux | X | | | | | | | | | | | | | |
| | Bûchette au chèvre | X | | | | | | | | | | | | | |
| | Assortiment de fromages et laitages | X | | | | | | | | | | | | | |
| | Croc lait | X | | | | | | | | | | | | | |
| | Liégeois au café | X | | | | | | | | | | | | | |
| | Compote de poires | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | X | | | | | | | | | | | | | |
| | Gaufre fantasia | | X | X | | | | | | X | | | | | |