

# LISTE DES ALLERGÈNES

| Date                                      | Plat                                      | Lait   | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|---|---|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 9 octobre au 15 octobre</b> |   | <b>Lycée Self Notre DAME 1 - NOTRE DAME 22</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| lun 9 octobre                             | Salade chinoise                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Salade de riz                             |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Salade thaï croquante                     |  | X            | X    | X       | X        |                 | X         |            | X    |        |           |          |        |       |
|   | Saucisson à l'ail                         |  | X            |      |         | X        |                 |           |            |      |        |           |          |        |       |
|   | Salade de poulet                          |  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|   | Bouillon de volaille à la japonaise       | X  | X            |      |         |          |                 |           |            | X    | X      |           |          |        |       |
|   | Sandwich baguette au pays de meaux        | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Sauté de porc sauce caramel               |  | X            |      |         |          | X               |           |            |      |        |           |          |        |       |
|   | Tarte aux trois fromages                  | X  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|   | Sandwich baguette parisien                | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Croque italien                            | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Kefta d'agneau au curry                   | X  | X            |      |         |          | X               |           |            | X    |        |           |          |        |       |
|   | frites                                    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Légumes à l'asiatique                     |  | X            |      |         |          |                 |           |            | X    |        |           |          |        |       |
|   | Purée                                     | X  |              |      |         | X        |                 |           |            |      |        |           |          |        |       |
|   | Boulgour pilaf                            |  | X            | X    |         |          |                 |           |            |      | X      |           |          |        |       |
|   | Salsifis en persillade                    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Yaourt nature                             | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Gouda                                     | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Cake noix de coco                         | X  | X            | X    |         |          | X               |           |            |      |        |           |          |        |       |
|   | Fruit de saison                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Mousse litchis framboise                  | X  |              |      |         |          |                 |           |            | X    |        |           |          |        |       |
|   | Flan au chocolat                          | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Fruit de saison                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Ananas frais                              |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Compotée de pomme meringuée               |  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
| mar 10 octobre                            | Salade du Danemark                        | X  |              | X    |         | X        |                 |           |            |      |        |           | X        |        |       |
|   | Assiette de salami                        | X  |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|   | Carotte rapée et chou rouge vinaigrette   |  |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|   | Haricots verts en salade                  |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Mini pizza                                | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Salade provençale                         |  |              |      | X       |          |                 |           |            |      |        |           |          |        |       |
|   | Sauté de veau (abel) aux olives           | X  | X            | X    |         | X        | X               |           |            |      |        |           |          |        |       |
|   | Sandwich baguette parisien                | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Sandwich Kebab                            | X  | X            |      |         |          |                 |           |            | X    |        |           |          |        |       |
|   | Sandwich baguette au poulet curry crudité | X  | X            | X    |         |          |                 |           |            | X    |        |           |          |        |       |
|   | Chipolatas grillées                       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Omelette portugaise                       | X  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|   | Rôti de dinde sauce champignons           | X  | X            |      |         |          |                 |           |            |      | X      |           |          |        |       |
|   | Farfalle                                  | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | frites                                    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Blé                                       | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Légumes danois                            |  |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|   | Julienne de légumes                       | X  |              |      |         |          |                 |           |            |      | X      |           |          |        |       |
|   | Yaourt nature                             | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Camembert                                 | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Fruit de saison                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Barre bretonne                            |  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|   | Panna cotta caramel                       | X  |              |      |         |          | X               |           |            |      |        |           |          |        |       |
|   | Fruit de saison                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|   | Mousse au nougat                          | X  |              |      |         |          | X               |           |            |      |        |           |          |        |       |

# LISTE DES ALLERGÈNES

| Date | Plat                             | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|------|----------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
|      | Millefeuille vanille             | X    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|      | Fromage blanc au sirop de citron | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |

|                |                                      |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|----------------|--------------------------------------|---|---|---|---|---|---|---|--|---|---|--|---|--|--|
| mer 11 octobre | Pâté de campagne                     | X | X | X |   | X |   |   |  | X | X |  | X |  |  |
|                | Pois chiches à la marocaine          |   |   |   |   | X |   |   |  |   |   |  | X |  |  |
|                | Iceberg vinaigrette orientale        |   |   |   |   | X |   |   |  |   |   |  |   |  |  |
|                | Salade de papillons au pistou        | X | X | X |   |   |   |   |  |   |   |  |   |  |  |
|                | Betteraves vinaigrette agrumes       |   |   |   |   | X |   |   |  |   |   |  |   |  |  |
|                | Chou blanc sauce mangue              |   |   |   |   | X |   |   |  |   |   |  |   |  |  |
|                | Hot dog                              |   | X |   |   | X |   |   |  |   |   |  | X |  |  |
|                | Sandwich baguette parisien           | X | X |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Accras à la Morue                    |   | X |   | X |   |   |   |  |   |   |  |   |  |  |
|                | Sauté de boeuf bobotie               |   |   |   |   | X |   |   |  |   |   |  |   |  |  |
|                | Rissolette de veau sauce champignons | X | X | X |   | X |   |   |  | X |   |  |   |  |  |
|                | Légumes de couscous                  | X | X |   |   |   |   |   |  |   | X |  | X |  |  |
|                | Pommes frites                        |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Riz pilaf                            |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Semoule berbère                      |   | X |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Epinards à la béchamel               | X |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Carré                                | X |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Compote de pommes bananes            |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Cake aux deux amandes                | X | X | X |   |   | X |   |  |   |   |  |   |  |  |
|                | Fruit de saison                      |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Flan nappé au caramel                | X |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Fruit de saison                      |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Méli-Mélo aux fruits exotiques       |   |   |   |   |   |   |   |  |   |   |  |   |  |  |
|                | Cheesecake aux speculoos             | X | X | X |   |   |   |   |  |   |   |  |   |  |  |
|                | Nordique surimi                      | X | X | X | X | X |   | X |  | X |   |  |   |  |  |

|                |                                    |   |   |   |   |   |   |   |  |   |   |  |   |   |  |
|----------------|------------------------------------|---|---|---|---|---|---|---|--|---|---|--|---|---|--|
| jeu 12 octobre | Salade de pâtes au surimi          |   | X | X | X | X |   | X |  | X |   |  | X |   |  |
|                | Salade du Brésil                   |   |   |   |   | X |   |   |  |   |   |  | X |   |  |
|                | Cake au maïs                       | X | X | X |   |   | X |   |  |   |   |  |   |   |  |
|                | Mortadelle                         |   |   |   |   | X |   |   |  |   |   |  |   |   |  |
|                | Salade coleslaw                    |   |   | X |   | X |   |   |  |   |   |  | X |   |  |
|                | Macédoine mayonnaise               |   |   | X |   | X |   |   |  |   |   |  | X |   |  |
|                | Nuggets de volaille                | X | X |   |   | X |   |   |  |   |   |  |   |   |  |
|                | Spaghetti à la bolognaise          | X | X | X |   | X |   |   |  |   |   |  |   |   |  |
|                | Sandwich baguette traditionnel     |   | X | X |   | X |   |   |  |   |   |  | X |   |  |
|                | Sandwich baguette parisien         | X | X |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Filet de lieu à la crème de persil | X |   |   | X |   |   |   |  |   |   |  |   |   |  |
|                | Jambon braisé au sirop d'érable    | X |   |   |   |   |   |   |  | X |   |  |   |   |  |
|                | Cheese-burger                      | X | X | X |   |   |   |   |  | X |   |  | X | X |  |
|                | Spaghetti                          | X | X |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Potatoes aux épices                |   |   |   |   |   |   |   |  |   | X |  | X |   |  |
|                | Salade verte                       |   |   |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Frites country                     |   |   |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Courgettes Mexique                 |   |   |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Tartare ail et fines herbes        | X |   |   |   |   | X |   |  |   |   |  |   |   |  |
|                | Fruit de saison                    |   |   |   |   |   |   |   |  |   |   |  |   |   |  |
|                | crème dessert10                    | X |   | X |   |   |   |   |  |   |   |  |   |   |  |
|                | Mousse caramel et pop corn         | X |   |   |   |   | X |   |  | X |   |  |   |   |  |
|                | Brownies                           | X | X | X |   |   | X |   |  |   |   |  |   |   |  |
|                | Liégeois à la vanille              | X |   |   |   |   |   |   |  |   |   |  |   |   |  |
|                | Crème fouettée aux fruits          | X |   |   |   |   |   |   |  | X |   |  |   |   |  |

# LISTE DES ALLERGÈNES

| Date           | Plat                                | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|----------------|-------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
|                | Smoothie cacao                      | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Fruit de saison                     |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| ven 13 octobre | Crêpe au fromage                    | X    | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                | Salade flamande                     | X    |              |      |         |          | X               |           |            |      |        |           |          |        |       |
|                | Raïta de concombre au yaourt        | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Emincé de fenouil et tomate         |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Salade printanière                  | X    |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|                | Pain de légumes                     | X    | X            | X    |         | X        |                 |           |            |      |        |           | X        |        |       |
|                | Betteraves sauce crémeuse           | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Crostini tomate emmental            | X    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Panini fermier                      | X    | X            |      |         |          | X               |           |            | X    |        |           |          |        |       |
|                | Sandwich baguette octobre orange    | X    | X            | X    |         | X        |                 |           |            |      |        |           | X        |        |       |
|                | Sandwich baguette parisien          | X    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Gratin Fidji                        | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Oeufs brouillés aux fines herbes    | X    |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                | Filet de colin à la noix de coco    |      |              |      | X       |          |                 |           |            |      |        |           |          |        |       |
|                | Spaghetti à l'espagnole             | X    | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |
|                | Haricot vert                        | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | frites                              |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Ratatouille                         |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Spaghetti                           | X    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Purée de patates douces             | X    |              |      |         | X        |                 |           |            |      |        |           |          |        |       |
|                | Assortiment de fromages et laitages | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Fondu Président                     | X    |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                | Croc' lait                          | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Flan nappé au caramel               | X    |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Fruit de saison                     |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                | Poé calédonien                      | X    |              |      |         | X        |                 |           |            |      |        |           |          |        |       |
|                | Banana bread                        | X    | X            | X    |         |          | X               |           |            |      |        |           |          |        |       |
|                | Far breton aux pruneaux             | X    | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                | Compote de poires                   |      |              |      |         |          |                 |           |            |      |        |           |          |        |       |