

Liste des 14 allergènes principaux par recette

| Repas / Plat <input type="checkbox"/> | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|---|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| Lundi 18 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Macédoine à la mayonnaise | | | X | | X | | | | | | | X | | |
| Maïs jambon tomate et emmental | X | | | | | | | | | | | | | |
| Steak haché | | | | | | | | | | | | | | |
| Poêlée aux légumes | | | | | | | | | | | | | | |
| Pommes frites | | | | | | | | | | | | | | |
| Brie | X | | | | | | | | | | | | | |
| Camembert | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Fromage blanc coulis de kiwi | X | | | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| Mardi 19 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Assiette de charcuteries | X | X | X | | X | | | | X | X | | X | | |
| Friand au fromage | X | X | | | | | | | | | | | | |
| Pilon de poulet rôti | | | | | | | | | | | | | | |
| Petits pois et carottes | X | | | | | | | | | | | | | |
| Semoule berbère | | X | | | | | | | | | | | | |
| Cotentin | X | | | | | | | | | | | | | |
| Fraidou | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Choc croc menthe chocolat | X | X | | | | | | | | X | | | | |
| Fruit | | | | | | | | | | | | | | |
| Jeudi 21 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Rillettes à la sardine | X | X | X | X | X | | | | | | | X | | |
| Salade haricots rouges et légumes | | | | | | | | | X | | | X | | |
| Cordon bleu | X | X | X | | | | | | | X | | | | |
| Duo de haricots verts et haricots beurres | | | | | | | | | | | | | | |
| Puree de pommes de terre | X | | | | X | | | | | X | | | | |
| Petit moulé | X | | | | | | | | | | | | | |
| Yaourt aromatisé | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Cake aux pommes | | X | X | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| Vendredi 22 Janvier - Déjeuner | | | | | | | | | | | | | | |
| Betteraves et concombres | | | | | | | | | | | | | | |
| Potage cultivateur | | | | | X | | | | X | | | | | |

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|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| <input type="checkbox"/> | | | | | | | | | | | | | | |
| Salade de pois chiches | | | | | | | | | | | | | | |
| Pavé de colin à l'oseille | X | X | | X | X | | | | | | | | | |
| Blettes persillées | | | | | X | | | | | | | | | |
| Penne | X | X | | | | | | | | | | | | |
| Croûte noire | X | | | | | | | | | | | | | |
| Saint-Paulin | X | | | | | | | | | | | | | |
| Yaourt nature sucré | X | | | | | | | | | | | | | |
| Compote de pommes et cassis | | | | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |