w

# Menus cantine & liste des allergènes

x = allergène T= trace éventuelle

- * fruit ou légumes frais/sec ** viande française et pêche raisonné ou msc ---- fromage AOP IGP le plus souvent possible /2 sortes bio par achat par quinzaine

| Date | | Gluten | Crustacé | Œuf | Poisson | Arachide | Soja | Lait | Fruits à coque | céleri | Moutarde | Sésame | Sulfite | Lupin | Mollusque |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun | Carottes rappées | | | | | | | | | | | | | | |
| 7 nov | Choucroute | | | | | | | | | | | | | | |
| | snack | | | | | | | | | | | | | | |
| | Fromage au choix | | | | | | | | | | | | | | |
| | Compote de pomme | | | | | | | | | | | | | | |
| Mar 8 | Œuf en gelé et légume | | | | | | | | | | | | | | |
| | Épinard béchamel | | | | | | | | | | | | | | |
| | ebly | | | | | | | | | | | | | | |
| | kiwi | | | | | | | | | | | | | | |
| Jeu 10 | Salade verte mozzarella | | | | | | | | | | | | | | |
| | Lasagne | | | | | | | | | | | | | | |
| | À la Bolognaise | | | | | | | | | | | | | | |
| | Pana cota passion | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun 14 | betterave | | | | | | | | | | | | | | |
| Nov | Saucisse | | | | | | | | | | | | | | |
| | lentille | | | | | | | | | | | | | | |
| | fromage | | | | | | | | | | | | | | |
| | ananas | | | | | | | | | | | | | | |
| Mar 15 | macédoine | | | | | | | | | | | | | | |
| | chou-fleurs | | | | | | | | | | | | | | |
| | Escalope de dinde | | | | | | | | | | | | | | |
| | Crème dessert maison | | | | | | | | | | | | | | |
| | Vanille chocolat | | | | | | | | | | | | | | |
| Jeu 17 | Sardine | | | | | | | | | | | | | | |
| | Pommes sautées | | | | | | | | | | | | | | |
| | Gratin de courge | | | | | | | | | | | | | | |
| | fromage | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| Ven 18 | Salade verte | | | | | | | | | | | | | | |
| Nov | | | | | | | | | | | | | | | |
| | crozifflette | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Mousse au chocolat | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun21 | Soupe de légume | | | | | | | | | | | | | | |
| Nov | Cordon bleu | | | | | | | | | | | | | | |
| | Carottes vichy | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Flanby | | | | | | | | | | | | | | |
| Mar 22 | Salade riz | | | | | | | | | | | | | | |
| | Endive | | | | | | | | | | | | | | |
| | Au jambon | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Charlotte à la framboise | | | | | | | | | | | | | | |
| Jeu 24 | Nems | | | | | | | | | | | | | | |
| | Saute de poulet coco | | | | | | | | | | | | | | |
| | Nouille chinoise | | | | | | | | | | | | | | |
| | Donuts | | | | | | | | | | | | | | |
| Ven 25 | Quiche au thon | | | | | | | | | | | | | | |
| | Saute de porc | | | | | | | | | | | | | | |
| | Haricots verts | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Fruits frais | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun 28 | Taboulé | | | | | | | | | | | | | | |
| Nov | Boulette de bœuf | | | | | | | | | | | | | | |
| | Pomme rissolés | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Flan à la vanille | | | | | | | | | | | | | | |
| Mar 29 | Poireau vinaigrette | | | | | | | | | | | | | | |
| | Aileron de poulet | | | | | | | | | | | | | | |
| | Courgette | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Gâteau yaourt | | | | | | | | | | | | | | |
| Jeu 1 | Jambon blanc | | | | | | | | | | | | | | |
| Déc | Saumonette | | | | | | | | | | | | | | |
| | Riz | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Pomme | | | | | | | | | | | | | | |
| Ven 2 | Salade d endive flocon | | | | | | | | | | | | | | |
| | Saute de dinde | | | | | | | | | | | | | | |
| | Courgette | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Dessert | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun 5 | Macédoine | | | | | | | | | | | | | | |
| Déc | Boudin | | | | | | | | | | | | | | |
| | Pomme paillassons | | | | | | | | | | | | | | |
| | Flan aux œufs | | | | | | | | | | | | | | |
| Ma 6 | Carottes rappées | | | | | | | | | | | | | | |
| | Bœuf bourguignon | | | | | | | | | | | | | | |
| | Tagliatelle | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Fruit | | | | | | | | | | | | | | |
| Jeu 8 | Mâche | | | | | | | | | | | | | | |
| | Boulette façon couscous | | | | | | | | | | | | | | |
| | Semoule | | | | | | | | | | | | | | |
| | Salade d'orange à la cannelle | | | | | | | | | | | | | | |
| Ven 9 | Choux rouge | | | | | | | | | | | | | | |
| | Jambon blanc | | | | | | | | | | | | | | |
| | Purée pomme de terre brocoli | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lun 12 | Flan courgette | | | | | | | | | | | | | | |
| Déc | Omelette | | | | | | | | | | | | | | |
| | Aux pommes de terre | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Mousse au chocolat | | | | | | | | | | | | | | |
| Mar 13 | Pizza | | | | | | | | | | | | | | |
| | Dinde façon osso bucco | | | | | | | | | | | | | | |
| | Gnocchi<br>Crème glacé | | | | | | | | | | | | | | |
| Jeu 15 | Céleri rémoulade | | | | | | | | | | | | | | |
| | Côte de porc | | | | | | | | | | | | | | |
| | Duo carotte pomme de terre | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |
| Ven 16 | Pâté en croûte | | | | | | | | | | | | | | |
| | Escalope de dinde | | | | | | | | | | | | | | |
| | Pomme noisette | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Ananas | | | | | | | | | | | | | | |

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| Lun19 | Salade | | | | | | | | | | | | | | |
| Déc | Dos de cabillaud | | | | | | | | | | | | | | |
| | Riz | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Clémentine | | | | | | | | | | | | | | |
| Mar 20 | Salade mousson de canard | | | | | | | | | | | | | | |
| | Jambon sauce madère | | | | | | | | | | | | | | |
| | Gratin dauphinois | | | | | | | | | | | | | | |
| | Bûche de noël maison | | | | | | | | | | | | | | |
| Jeu 22 | Rosette | | | | | | | | | | | | | | |
| | Moule marinière | | | | | | | | | | | | | | |
| | Pommes paillassons | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Compote | | | | | | | | | | | | | | |
| Ven 23 | Soupe de butternut | | | | | | | | | | | | | | |
| | Cuisse de poulet | | | | | | | | | | | | | | |
| | Haricots vert | | | | | | | | | | | | | | |
| | Fromage | | | | | | | | | | | | | | |
| | Fruits | | | | | | | | | | | | | | |