

Liste des 14 allergènes principaux par recette

| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|  | Lundi 11 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Semoule BIO et pois chiches carottes au | X | X | | | | | | | | | | | | |
|  | Vache qui rit | X | | | | | | | | | | | | | |
|  | Pomme | | | | | | | | | | | | | | |
|  | Mardi 12 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Macédoine de légumes mayonnaise | | | X | | X | | | | | | | X | | |
|  | Pâtes papillon BIO à la carbonara | X | X | | | | | | | | | | | | |
|  | Entremets chocolat | X | | | | | | | | | | | | | |
|  | Mercredi 13 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Betterave vinaigrette | | | | | X | | | | | | | X | | |
|  | Poulet rôti | | | | | | | | | | | | | | |
|  | Gratin de chou-fleur et pommes de terre | X | X | | | | | | | | | | | | |
|  | Flan pâtissier | X | X | | | | | | | | | | | | |
|  | Jeudi 14 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Salade de lentilles | | | | | X | | | | X | X | | X | | |
|  | Boulettes de boeuf sauce tomate | | X | | | | | | | | X | | | | |
|  | Haricots beurre | | | | | | | | | | X | | | | |
|  | Orange | | | | | | | | | | | | | | |
|  | Vendredi 15 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Salade des incas BIO (persil non bio) | | | | | | | | | | | | | | |
|  | Poisson pané et citron | | X | | X | | | | | | | | | | |
|  | Epinards à la crème | X | | | | | | | | | | | | | |
|  | Yaourt aromatisé | X | | | | | | | | | | | | | |
|  | Lundi 18 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Emincé de dinde à l'estragon | X | X | | | | | | | | | | | | |
|  | Petits pois cuisinés | | | | | | | | | | | | | | |
|  | Banane | | | | | | | | | | | | | | |
|  | Mardi 19 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Potage de légumes | | | | | | | | | | | | | | |

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|  | Dahl lentilles corail et riz BIO (épices non BIO) | | | | | | | | | | | | | | |
|  | Yaourt aromatisé | X | | | | | | | | | | | | | |
|  | Mercredi 20 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Pizza napolitaine | X | X | X | | | | | | | | | | | |
|  | Salade verte | | | | | | | | | | | | | | |
|  | Camembert | X | | | | | | | | | | | | | |
|  | Salade de fruits frais (pomme, banane BIO) | | | | | | | | | | | | | | |
|  | Jeudi 21 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Salade chou crémeuse | | | X | | | | | | X | | | X | | |
|  | Pâté chinois québécois | X | | | | X | | | | | | | | | |
|  | Banana bread du Hockeysur | X | X | X | | | | | | | | | | | |
|  | Vendredi 22 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Filet de colin sauce aux crustacés | X | X | | X | X | | X | | | | | | | |
|  | Blé | | | | | | | | | | | | | | |
|  | Gouda | X | | | | | | | | | | | | | |
|  | Purée pomme vanille | | | | | | | | | | | | | | |
|  | Lundi 25 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Boulettes de boeuf sauce paprika | X | X | | | X | | | | | X | | | | |
|  | Farfalles à la sauce tomate BIO (aromates non) | | X | | | | | | | | | | | | |
|  | Pomme | | | | | | | | | | | | | | |
|  | Mardi 26 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Omelette | X | | X | | | | | | | | | | | |
|  | Haricots verts | | | | | | | | | | X | | | | |
|  | Fromage blanc sucré | X | | | | | | | | | | | | | |
|  | Mercredi 27 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Tajine de légumes aux pois chiches et | | X | | | | | | | | | | | | |
|  | Edam | X | | | | | | | | | | | | | |
|  | Barre bretonne | | X | X | | | | | | | | | | | |
|  | Jeudi 28 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Saucisse de Toulouse | | | | | | | | | | | | | | |

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|  | Purée de pommes de terre | X | | | | X | | | | | | | | | |
|  | Saint-Paulin | X | | | | | | | | | | | | | |
|  | Kiwi | | | | | | | | | | | | | | |
|  | Vendredi 29 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Semoule fantaisie | | X | | | X | | | | | | | X | | |
|  | Colin meunière | X | X | X | X | | | X | X | | | | | | |
|  | Carottes braisées | | | | | | | | | | | | | | |
|  | Mardi 02 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Macaroni BIO bolognaise de lentilles | | X | | | | | | | | | | | | |
|  | Yaourt nature sucré | X | | | | | | | | | | | | | |
|  | Poire | | | | | | | | | | | | | | |
|  | Mercredi 03 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Salade western | | | | | X | | | | X | X | | X | | |
|  | Tarte printanière au chèvre | X | X | X | | X | | | | | | | X | | |
|  | Salade verte | | | | | | | | | | | | | | |
|  | Lassi à la mangue | X | | | | | | | | | | | | | |
|  | Jeudi 04 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Carottes BIO râpées vinaigrette miel curry | | | | | | | | | | | | | | |
|  | Sauté de boeuf marengo | | X | | | X | | | | | | | | | |
|  | Mitonnée de légumes | | | | | | | | | | | | | | |
|  | Vendredi 05 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Blanquette de poisson | X | X | | X | | | | | | | | | | |
|  | Riz créole | | | | | | | | | | | | | | |
|  | Gouda | X | | | | | | | | | | | | | |
|  | Lundi 08 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Boulettes de boeuf à l'aigre douce | | X | | | X | | | | | X | | | | |
|  | Semoule | | X | | | | | | | | | | | | |
|  | Yaourt aromatisé | X | | | | | | | | | | | | | |
|  | Banane | | | | | | | | | | | | | | |
|  | Mardi 09 Avril - Déjeuner | | | | | | | | | | | | | | |

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|  | Salade coleslaw | | | X | | X | | | | | | | X | | |
|  | Carré de haricots blancs et blé à la provençale | X | X | X | | | | | | | | | | | |
|  | Haricots verts | | | | | | | | | | X | | | | |
|  | Blanc manger à l'ananas | X | | | | | | | | | | | | | |
|  | Mercredi 10 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Clafoutis tomate BIO Fêta et basilic | X | X | X | | | | | | | | | | | |
|  | Julienne de légumes | | | | | | | | | X | X | | | | |
|  | Fromage blanc nature | X | | | | | | | | | | | | | |
|  | Salade de fruits frais (pomme, banane BIO) | | | | | | | | | | | | | | |
|  | Jeudi 11 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Pommes de terre aux herbes fraîches | X | | | | | | | | | | | | | |
|  | Tajine de poulet aux raisins secs et miel | | | | | | | | | | | | | | |
|  | Carottes braisées | | | | | | | | | | | | | | |
|  | Smoothie Pomme Orange Betterave | | | | | | | | | | X | | | | |
|  | Vendredi 12 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Parmentier de poisson | X | X | | X | X | | | | | X | | | | |
|  | Mimolette | X | | | | | | | | | | | | | |
|  | Kiwi | | | | | | | | | | | | | | |
|  | Lundi 15 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Macédoine de légumes mayonnaise | | | X | | X | | | | | | | X | | |
|  | Sauté de porc à la normande | X | X | X | | X | | | | | | | X | | |
|  | Tortis | | X | | | | | | | | | | | | |
|  | Fromage blanc au coulis de fraises | X | | | | | | | | | | | | | |
|  | Mardi 16 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Salade antillaise (Riz BIO) | | | | | X | | | | | X | | X | | |
|  | Gratin de courgettes au boeuf | X | X | | | | | | | | | | | | |
|  | Pomme | | | | | | | | | | | | | | |
|  | Mercredi 17 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Feuilleté au fromage | X | X | X | | | | | | | | | | | |
|  | Poulet rôti | | | | | | | | | | | | | | |

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|  | Petits pois cuisinés | | | | | | | | | | | | | | |
|  | Riz au lait BIO vanillé | X | | | | | | | | | | | | | |
|  | Jeudi 18 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Taboulé BIO (menthe, citron non BIO) | | X | | | | | | | | | | | | |
|  | Beignets de poisson | | X | | X | | | | | | X | | | | |
|  | Poêlée de légumes | | | | | | | | | | X | | | | |
|  | Fromage frais sucré | X | | | | | | | | | | | | | |
|  | Vendredi 19 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Chili sin carne (riz BIO) | | | | | | | | | X | | | | | |
|  | Vache qui rit | X | | | | | | | | | | | | | |
|  | Purée pomme griotte | | | | | | | | | | | | | | |
|  | Lundi 22 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Marmite de poisson à la basquaise | | X | | X | X | | | | | | | | | |
|  | Semoule | | X | | | | | | | | | | | | |
|  | Gouda | X | | | | | | | | | | | | | |
|  | Poire | | | | | | | | | | | | | | |
|  | Mardi 23 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Concombre ciboulette | | | | | X | | | | | X | | X | | |
|  | Cordon bleu | X | X | X | | | | | | | X | | | | |
|  | Carottes braisées | | | | | | | | | | | | | | |
|  | Clafoutis aux pommes | X | X | X | | | | | | | | | | | |
|  | Mercredi 24 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Bruschetta à la napolitaine | X | X | | | | | | | | | | | | |
|  | Salade verte | | | | | X | | | | | X | | X | | |
|  | Fromage frais sucré | X | | | | | | | | | | | | | |
|  | Kiwi | | | | | | | | | | | | | | |
|  | Jeudi 25 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Radis à la croque | | | | | | | | | | | | | | |
|  | Lasagnes bolognaise de lentilles | X | X | | | | | | | | | | | | |
|  | Smoothie pomme fraise | | | | | | | | | | | | | | |

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|  | Vendredi 26 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Boulettes de boeuf BIO sauce tomate | | X | | | | | | | | | | | | |
|  | Purée de pommes de terre | X | | | | X | | | | | | | | | |
|  | Fraidou | X | | | | | | | | | | | | | |
|  | Purée pomme vanille | | | | | | | | | | | | | | |
|  | Lundi 29 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Macédoine de légumes mayonnaise | | | X | | X | | | | | | | X | | |
|  | TORTIS BIO à la bolognaise | | X | | | | | | | | | | | | |
|  | Pomme | | | | | | | | | | | | | | |
|  | Mardi 30 Avril - Déjeuner | | | | | | | | | | | | | | |
|  | Carotte râpée vinaigrette | | | | | X | | | | | | | X | | |
|  | Frittata Mozzarella Poivrons (oeuf BIO) | X | | X | | | | | | | | | | | |
|  | Haricots beurre | | | | | | | | | | X | | | | |
|  | Madeleine | X | X | X | | | | | | | X | | | | |
|  | Jeudi 02 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Colin meunière | X | X | X | X | | | X | X | | | | | | |
|  | Ratatouille | | | | | | | | | | | | | | |
|  | Fondu président | X | | | | | | | | | | | | | |
|  | Banane | | | | | | | | | | | | | | |
|  | Vendredi 03 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Concombre sauce fromage blanc à l'aneth | X | | | | | | | | | | | | | |
|  | Rougail de saucisse | | | | | | | | | | | | | | |
|  | Riz créole | | | | | | | | | | | | | | |
|  | Crème vanille maison (lait BIO) | X | | X | | | | | | | | | | | |
|  | Lundi 06 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Couscous de légumes aux pois chiches, | | X | | | | | | | X | | | X | | |
|  | Petit fromage frais ail et fines herbes | X | | | | | | | | | | | | | |
|  | Pomme | | | | | | | | | | | | | | |
|  | Mardi 07 Mai - Déjeuner | | | | | | | | | | | | | | |
|  | Tomate vinaigrette | | | | | X | | | | | X | | X | | |

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|  | Sauté de boeuf à la provençale | | X | | | | | | | | | | | | |
|  | Purée de pommes de terre | X | | | | X | | | | | | | | | |
|  | Duo de mousses chocolat et framboises | X | | | | | | | | | | | | | |