

# DEJEUNER

Lundi 10 Novembre 2025

|                                          | ARACHIDE            | CELERI | CRUSTACES | FRUITS A COQUE | GLUTEN | LAIT | LUPIN | MOLLUSQUES | MOUTARDE | OEUF | POISSON | SESAME | SOJA | SULFITES |
|------------------------------------------|---------------------|--------|-----------|----------------|--------|------|-------|------------|----------|------|---------|--------|------|----------|
| Boulettes de boeuf bio sauce tomate      |                     |        |           |                | X      |      |       |            |          |      |         |        |      |          |
| Filet de hoki sauce Nantua 2025          |                     | X      | X         |                | X      | X    |       |            |          | X    | X       |        |      |          |
| Pizza kebab                              |                     |        |           |                | X      | X    |       |            |          |      |         |        |      | T        |
| Flageolets                               |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Pomme de terre vapeur persillées         |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Plateaux de fromage                      |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Crème aux oeufs vanille                  |                     |        |           |                | X      | X    |       |            |          | X    |         |        |      |          |
| Crêpes au sucre                          |                     |        |           |                | X      | X    |       |            |          | X    |         |        |      |          |
| Fruit de saison BIO                      | absence d'allergene |        |           |                |        |      |       |            |          |      |         |        |      |          |
| Pain Individuel                          |                     |        |           |                | X      |      |       |            |          |      |         |        |      |          |
| Salade bar à composer                    |                     |        |           |                |        | X    |       |            | X        | X    | X       |        |      |          |
| Salade de boulgour aux saveurs du Sud    |                     |        |           |                | X      | X    |       |            | X        |      |         |        |      |          |
| Salade de coeur de palmiers/mais/tomates |                     |        |           |                |        |      |       |            | X        |      |         |        |      |          |

Mercredi 12 Novembre 2025

|                                         | ARACHIDE            | CELERI | CRUSTACES | FRUITS A COQUE | GLUTEN | LAIT | LUPIN | MOLLUSQUES | MOUTARDE | OEUF | POISSON | SESAME | SOJA | SULFITES |
|-----------------------------------------|---------------------|--------|-----------|----------------|--------|------|-------|------------|----------|------|---------|--------|------|----------|
| Emincé de boeuf Bio aux olives          |                     |        |           |                | X      |      |       |            |          |      |         |        |      |          |
| Pizza au Saumon                         |                     |        |           |                | X      | X    |       |            |          |      | X       |        |      |          |
| Tortillas aux pomme de terre et oignons |                     |        |           |                |        |      |       |            |          | X    |         |        |      |          |
| Ratatouille bio cuisinée                |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Riz Bio pilaf                           | absence d'allergene |        |           |                |        |      |       |            |          |      |         |        |      |          |
| Crème dessert vanille                   |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Fruit de saison Bio                     | absence d'allergene |        |           |                |        |      |       |            |          |      |         |        |      |          |
| Tarte au chocolat                       |                     |        |           | X              | X      | X    |       |            |          | X    |         |        | X    |          |
| Pain Individuel                         |                     |        |           |                | X      |      |       |            |          |      |         |        |      |          |
| Concombre bio à l'aneth                 |                     |        |           |                |        | X    |       |            |          |      |         |        |      |          |
| Salade bar à composer                   |                     |        |           |                |        | X    |       |            | X        | X    | X       |        |      |          |
| Terrine de poisson et citron            |                     |        | X         |                | X      | X    |       | X          | X        | X    | X       | X      |      | X        |

Jeudi 13 Novembre 2025

|                                  | ARACHIDE            | CELERI | CRUSTAC<br>ES | FRUITS A<br>COQUE | GLUTEN | LAIT | LUPIN | MOLLUSQ<br>UES | MOUTARD<br>E | OEUF | POISSON | SESAME | SOJA | SULFITES |
|----------------------------------|---------------------|--------|---------------|-------------------|--------|------|-------|----------------|--------------|------|---------|--------|------|----------|
| Fish and Chips et citron         |                     | T      | T             | T                 | X      | T    |       | T              | X            | T    | X       | T      | T    |          |
| Merguez Label Rouge              | absence d'allergene |        |               |                   |        |      |       |                |              |      |         |        |      |          |
| Epinard à la crème               |                     |        |               |                   |        | X    |       |                |              |      |         |        |      |          |
| Frites fraîches                  | absence d'allergene |        |               |                   |        |      |       |                |              |      |         |        |      |          |
| Purée de pomme et poire HVE      | absence d'allergene |        |               |                   |        |      |       |                |              |      |         |        |      |          |
| Riz au lait caramel              |                     |        |               |                   | X      | X    |       |                |              | X    |         |        |      |          |
| Tarte Bourdaloue                 |                     |        |               | X                 | X      | X    |       |                |              | X    |         |        |      |          |
| Pain Individuel                  |                     |        |               |                   | X      |      |       |                |              |      |         |        |      |          |
| Pâté de campagne Label Rouge     |                     |        |               | T                 | T      | X    |       |                | X            | T    |         |        | T    | X        |
| Taboulé à la menthe Bio "Entrée" |                     |        |               |                   | X      |      |       |                |              |      |         |        |      |          |

Vendredi 14 Novembre 2025

|                                     | ARACHIDE            | CELERI | CRUSTAC<br>ES | FRUITS A<br>COQUE | GLUTEN | LAIT | LUPIN | MOLLUSQ<br>UES | MOUTARD<br>E | OEUF | POISSON | SESAME | SOJA | SULFITES |
|-------------------------------------|---------------------|--------|---------------|-------------------|--------|------|-------|----------------|--------------|------|---------|--------|------|----------|
| Lasagne bolognaise                  |                     | X      | X             | X                 |        | X    |       | X              | X            | X    | X       | X      | X    |          |
| Lasagne ricotta et épinard          |                     | X      | X             |                   |        | X    |       | X              | X            | X    | X       |        | X    |          |
| Pizza chèvre miel                   |                     |        |               |                   | X      | X    |       |                |              |      |         |        |      |          |
| Salade verte mêlée "Garniture"      |                     |        |               |                   |        |      |       |                | X            |      |         |        |      |          |
| Crumble aux pommes                  |                     |        |               | X                 | X      | X    |       |                |              | X    |         |        | X    |          |
| Fruit de saison 1                   | absence d'allergene |        |               |                   |        |      |       |                |              |      |         |        |      |          |
| Liégeois chocolat                   |                     |        |               |                   |        | X    |       |                |              |      |         |        |      |          |
| Pain Individuel                     |                     |        |               |                   | X      |      |       |                |              |      |         |        |      |          |
| Feuilleté au fromage "Entrée"       |                     |        |               | X                 |        |      |       |                |              | X    |         |        | X    |          |
| Salade de betterave Bio vinaigrette |                     |        |               |                   |        |      |       |                | X            |      |         |        |      |          |