




































































































































## Liste des 14 allergènes principaux par recette - LEZIGNAN S0226

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                           | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 05 Janvier - Déjeuner</b>     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Œufs durs mayonnaise                   |   |   | X   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Ravioli à la volaille et emmental rapé | X   | X   | X   |  |   |   |   |   | X   |   |   | X   |   |   |
|    | Edam Bio                               | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Crème dessert vanille                  | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 06 Janvier - Déjeuner</b>     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Taboulé Bio                            |   | X   |   |  | X   |   |   |   |   |   |   |   |   |   |
|    | Saute de bœuf au paprika               |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Poêlée de légumes verts                |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Emmental                               | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Corbeille de fruits                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 07 Janvier - Déjeuner</b>  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Chou rouge Bio vinaigrette             |   |   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Pavé de colin à la crème de persil     | X   | X   |   | X  |   |   |   |   |   |   |   |   |   |   |
|    | Riz pilaf                              |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|   | Mimolette                              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Compote pomme bio                      |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 07 Janvier - Gouter</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Yaourt et miel                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Brioche                                | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | Corbeille de fruits                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 08 Janvier - Déjeuner</b>     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Coleslaw Bio                           |   |   | X   |  |   |   |   |   |   |   |   | X   |   |   |
|  | Emincé de poulet Bio sauce champignons | X   | X   |   |  | X   |   |   |   |   |   |   |   |   |   |
|  | Pommes persillées                      |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Croûte noire                           | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |












































|   |                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                   | Lait  | Blé /<br>Gluten   | Oeuf  | Poisson  | Sulfites  | Fruits à<br>coques  | Crustac<br>és   | Mollusq<br>ues  | Céleri  | Soja  | Arachid<br>es   | Moutard<br>e  | Sésame  | Lupin   |
|  | Pomme golden                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Vendredi 09 Janvier - Déjeuner |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Potage de légumes              |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|  | Penne sauce fromagères         | X   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Yaourt à la poire              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Galette des rois               | X   | X   | X   |  |   | X   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |


























## Liste des 14 allergènes principaux par recette - LEZIGNAN S0326

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                                 | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 12 Janvier - Déjeuner</b>           |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Dips de carottes et fromage blanc aux herbes | X   |   |   |  | X   |   |   |   |   |   |   |   |   |   |
|    | Saucisse de Toulouse grillée                 |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Lentilles aux petits légumes                 |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|    | Gouda bio                                    | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Flan vanille caramel                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 13 Janvier - Déjeuner</b>           |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade de pois chiches                       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pavé du fromager à l'emmental                | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|    | Poêlée de légumes Bio                        | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Yaourt nature sucré                          | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pomme bicolore Bio                           |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 14 Janvier - Déjeuner</b>        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade de pommes de terre                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Sauté de veau au curry                       |   | X   |   |  |   |   |   |   |   |   |   | X   |   |   |
|   | Haricots beurre à la provençale              |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fromage frais aux fruits Bio                 | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Kiwi Bio                                     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 14 Janvier - Gouter</b>          |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Gaufre de liège                              | X   | X   | X   |  |   |   |   |   |   | X   |   |   |   |   |
|  | Purée de pommes et fraises                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Yaourt brasse aux fruits                     | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 15 Janvier - Déjeuner</b>           |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Potage brocolis                              |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|  | Hachis Parmentier                            | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | St Môret Bio                                 | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |












































|   |                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                   | Lait  | Blé /<br>Gluten   | Oeuf  | Poisson  | Sulfites  | Fruits à<br>coques  | Crustac<br>és   | Mollusq<br>ues  | Céleri  | Soja  | Arachid<br>es   | Moutard<br>e  | Sésame  | Lupin   |
|  | Clémentine Bio                 |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Vendredi 16 Janvier - Déjeuner |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Salade verte à l'emmental      | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pavé de merlu sauce citron     | X   | X   |   | X  | X   |   |   |   |   |   |   |   |   |   |
|  | Riz pilaf Bio                  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Edam Bio                       | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Cake miel cannelle             | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
























## Liste des 14 allergènes principaux par recette - LEZIGNAN S0426

|  |                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---------------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|  | Repas / Plat                          | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 19 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Coquillettes au pistou                | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|    | Emincé de poulet Bio sauce suprême    | X   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Chou-fleur persillés                  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Yaourt aromatisé                      | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Banane                                |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 20 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade verte aux croûtons             | X   | X   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Cheeseburger                          | X   | X   |   |  | X   |   |   |   |   | X   |   | X   | X   |   |
|    | Pommes frites                         |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Mimolette                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Corbeille de fruits                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Ketchup dosette                       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 21 Janvier - Déjeuner</b> |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Potage de légumes                     |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|   | Torti à la méditerranéenne Bio        |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Camembert                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Emmental râpé                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Flan chocolat                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 21 Janvier - Gouter</b>   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Compote pommes ananas                 |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Mini-roulé à la fraise                | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | Yaourt aux fruits                     | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 22 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Salade de lentilles                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Sauté de bœuf en estouffade           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |

|   |                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---------------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                          | Lait  | Blé /<br>Gluten   | Oeuf  | Poisson  | Sulfites  | Fruits à<br>coques  | Crustac<br>és   | Mollusq<br>ues  | Céleri  | Soja  | Arachid<br>es   | Moutard<br>e  | Sésame  | Lupin   |
|  | Haricots verts                        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Gouda bio                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Purée pommes poires                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Vendredi 23 Janvier - Déjeuner</b> |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Roulade de volailles                  |   |   |   |  | X   |   |   |   |   | X   |   | X   |   |   |
|  | Filet de lieu provencale              |   | X   |   | X  | X   |   |   |   |   |   |   |   |   |   |
|  | Semoule Bio                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Tomme blanche                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Corbeille de fruits                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |












































## Liste des 14 allergènes principaux par recette - LEZIGNAN S0526

























|  |                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---------------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|  | Repas / Plat                          | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 26 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Chou blanc vinaigrette                |   |   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Macaroni bolognaise                   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Emmental râpé                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Gouda Bio                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Purée pommes mangues                  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 27 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade de riz Bio                     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Croc'veggie tomate                    |   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|    | Gratin de légumes                     | X   | X   |   |  |   |   |   |   | X   |   |   |   |   |   |
|    | Croûte noire                          | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Mousse chocolat au lait               | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 28 Janvier - Déjeuner</b> |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade verte et œuf dur               |   |   | X   |  |   |   |   |   |   |   |   |   |   |   |
|    | Poulet à la basquaise                 |   | X   |   |  | X   |   |   |   |   |   |   |   |   |   |
|   | Bouलगour Créole                       |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Saint-Paulin                          | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Donuts                                | X   | X   |   |  |   |   |   |   |   | X   |   |   |   |   |
|  | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 28 Janvier - Gouter</b>   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Yaourt aromatisé                      | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain et chocolat noir                 |   | X   |   |  |   |   |   |   |   | X   |   |   |   |   |
|  | Pomme golden                          |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 29 Janvier - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Macédoine Bio mayonnaise              |   |   | X   |  |   |   |   |   |   |   |   | X   |   |   |
|  | Sauté de porc aux olives              |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Carottes braisées                     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |

|   |                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                   | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|  | Yaourt nature sucré            | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fruits                         |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Vendredi 30 Janvier - Déjeuner |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Veloute de potiron             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Tartiflette sans porc          | X   |   |   |  | X   |   |   |   |   |   |   |   |   |   |
|  | Tomme de pays Bio              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Gâteau de Savoie               |   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |






































































## Liste des 14 allergènes principaux par recette - LEZIGNAN S0626

|  |                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---------------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|  | Repas / Plat                          | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 02 Février - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade verte edam                     | X   |   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Nugget filet poulet                   |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pommes frites                         |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Mimolette                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Flan vanille caramel                  | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Ketchup dosette                       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 03 Février - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Potage de courgettes                  |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|    | Riz cantonais                         |   |   | X   |  |   |   |   |   |   |   |   |   |   |   |
|    | Brie Bio                              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Corbeille de fruits Bio               |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 04 Février - Déjeuner</b> |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade de pommes de terre             |   |   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Rôti de porc au jus                   | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|   | Brocolis saveur orientale             |   |   |   |  |   |   |   |   |   |   |   | X   |   |   |
|  | Edam Bio                              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Poire au sirop                        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                  |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 04 Février - Gouter</b>   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fromage blanc sucré                   | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Banane                                |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fourrandise au chocolat               |   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 05 Février - Déjeuner</b>    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Dips carottes sauce paprika           | X   |   | X   |  | X   |   |   |   |   |   |   | X   |   |   |
|  | Blanquette de veau                    | X   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Petits pois à la française Bio        | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |

|   |                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                   | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|  | Yaourt nature sucré            | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Crème dessert vanille          | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Vendredi 06 Février - Déjeuner |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Betterave Bio                  |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Filet de saumon sauce citron   | X   | X   |   | X  | X   |   |   |   |   |   |   |   |   |   |
|  | Risoni                         |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fromage frais aux fruits Bio   | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Corbeille de fruits locaux     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                           |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |

## Liste des 14 allergènes principaux par recette - LEZIGNAN S0726

|   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                              | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 09 Février - Déjeuner</b>        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Salade de pois chiches                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Sauté de dinde à la provençale            |   | X   |   |  | X   |   |   |   |   |   |   |   |   |   |
|    | Printanière de légumes                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Saint-Paulin                              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Purée pommes poires                       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                      |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 10 Février - Déjeuner</b>        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Macédoine mayonnaise                      |   |   | X   |  | X   |   |   |   |   |   |   | X   |   |   |
|    | Galopin de veau au jus                    | X   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Blé aux petits légumes                    |   | X   |   |  |   |   |   |   | X   |   |   |   |   |   |
|    | Yaourt nature sucré Bio                   | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Corbeille de fruits Bio                   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Pain                                      |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | <b>Mercredi 11 Février - Déjeuner</b>     |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|    | Potage de légumes verts                   |   |   |   |  |   |   |   |   | X   |   |   |   |   |   |
|    | Mac and cheese                            | X   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|   | Tomme blanche                             | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Corbeille de fruits locaux                |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                      |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Mercredi 11 Février - Gouter</b>       |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Gouda                                     | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Compote pommes fraises                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                                      |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 12 Février - Déjeuner</b>        |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Mousse de canard                          | X   | X   | X   |  | X   |   |   |   |   |   |   | X   |   |   |
|  | Filet de lieu à la tapenade               |   |   |   | X  |   |   |   |   |   |   |   |   |   |   |
|  | Duo de haricots verts et haricots beurres |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Fromage frais aux fruits Bio              | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |

|   |                                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|----------------------------------|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                     | Lait  | Blé / Gluten  | Oeuf  | Poisson  | Sulfites  | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|  | Salade de fruits                 |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Pain                             |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Vendredi 13 Février - Déjeuner   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Cèleri rémoulade Bio             |   |   | X   |  |   |   |   |   | X   |   |   | X   |   |   |
|  | Carbonade flamande               |   | X   |   |  | X   |   |   |   |   |   |   | X   |   |   |
|  | Pommes frites                    |   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Brie Bio                         | X   |   |   |  |   |   |   |   |   |   |   |   |   |   |
|  | Moelleux aux pommes et Spéculoos | X   | X   | X   |  |   |   |   |   |   |   |   |   |   |   |
|  | Mayonnaise dosette               |   |   | X   |  | X   |   |   |   |   |   |   | X   |   |   |
|  | Pain                             |   | X   |   |  |   |   |   |   |   |   |   |   |   |   |