**Liste des allergènes contenus dans les plats clients**

| Date | Elémentaire<br>Plat Name | Lait | Soja | Oeuf | Poisson | Crustacés | Blé / Gluten | Fruits à coques | Sésame | Sulfites | Arachides | Céleri | Moutarde | Lupin | Mollusques |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 3 Novembre | Macédoine mayonnaise | | | X | | | | | | X | | | X | | |
| | Hachis parmentier Boeuf BIO | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | | |
| mar 4 Novembre | Chou rouge BIO vgte balsamique | | | | | | | | | X | | | X | | |
| | Dahl de pois chiche et RIZ BIO | | | | | | | | | | | | X | | |
| | Tomme blanche ind. | X | | | | | | | | | | | | | |
| | Mousse au chocolat au lait | X | | | | | | | | | | | | | |
| mer 5 Novembre | Salade pâte tricolore BIO vgte | | | X | | | X | X | | X | | | X | | |
| | Rôti de dinde au jus | | | | | | | | | | | | | | |
| | Poêlée campagnarde | X | | | | | | | | | | | | | |
| | Fromage frais sucré. | X | | | | | | | | | | | | | |
| | Purée pomme ananas | | | | | | | | | | | | | | |
| jeu 6 Novembre | Céleri râpé rémoulade BIO | | | X | | | | | | | | X | X | | |
| | Sauté de porc à l'ancienne | X | | | | | X | | | | | | | | |
| | Omelette nature | X | | X | | | | | | | | | | | |
| | Petits pois au jus | | | | | | | | | | | | | | |
| | Emmental | X | | | | | | | | | | | | | |
| | Crème dessert au caramel | X | | | | | | | | | | | | | |
| ven 7 Novembre | Pdt sce tartare | | | X | | | | | | X | | | X | | |
| | Salade charcutière vgte | | | | | | | | | X | | | X | | |
| | Beignet de poisson | X | | | X | | X | | | | | | X | | |
| | Carottes BIO braisées (Oignons | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | |
| | Clémentine BIO | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 10 Novembre | Duo d'hiver (carotte bio) vgte agrumes | | | | | | | | | X | | | | | |
| | Goulash de boeuf | | | | | | X | | | | | | | | |
| | Haricot vert braisés | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Madeleine | X | | X | | | X | | | | | | | | |
| mer 12 Novembre | Salade de pâtes BIO mayo paprika | | | X | | | X | | | | | | X | | |
| | Filet colin façon beurre blanc | X | | | X | | | | | X | | | | | |
| | Purée carotte | X | | | | | | | | | | | | | |
| | Fromage frais aux fruits | X | | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | | |
| jeu 13 Novembre | Salade verte crouton NATURE | X | | | | | X | | | | | | | | |
| | Lasagne bolognaise | X | | X | | | X | | | | | | | | |
| | Vache qui rit BIO | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | X | | | | | | | | | | | | | |
| ven 14 Novembre | Betterave BIO NATURE | | | | | | | | | | | | | | |
| | Bouchée de blé panée | | | X | | | X | | | | | | | | |
| | Petits pois au jus | | | | | | | | | | | | | | |
| | Edam | X | | | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 17 Novembre | Crêpe au fromage | X | | X | | | X | | | | | | | | | |
| | Poulet rôti au jus | | | | | | | | | | | | | | | |
| | Epinard béchamel | X | | | | | X | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | | |
| | Clémentine | | | | | | | | | | | | | | | |
| mar 18 Novembre | Taboulé à la SEMOULE BIO | | | | | | X | | | | | | | | | |
| | Parmentier boeuf au potironBIO | | | | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | | | |
| mer 19 Novembre | Salade verte vgte | | | | | | | | | X | | | X | | | |
| | Cordon bleu | X | X | | | | X | | | | | | | | | |
| | Flageolet au jus | | | | | | | | | | | | | | | |
| | Fromage frais sucré. | X | | | | | | | | | | | | | | |
| | Poire | | | | | | | | | | | | | | | |
| jeu 20 Novembre | Chou blanc vgte BIO | | | | | | | | | X | | | X | | | |
| | Curry poisson au lait de coco | X | | | X | | X | | | | | | X | | | |
| | Riz créole BIO | | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | | |
| | Purée pomme cannelle | | | | | | | | | | | | | | | |
| ven 21 Novembre | Céleri râpé rémoulade BIO | | | X | | | | | | | | X | X | | | |
| | Torti bolognaise lentille BIO | | | | | | X | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | | |
| | Liégeois au chocolat | X | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 24 Novembre | Salade vitaminée BIO vgte orange | | | | | | | | | X | | | X | | |
| | Beignet de poisson | X | | | X | | X | | | | | | X | | |
| | Saucisse de Toulouse | | | | | | | | | | | | | | |
| | Purée Pdt | X | | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | | |
| mar 25 Novembre | Salade pâtes tortis vgte BIO basilic | | | | | | X | | | X | | | X | | |
| | Filet colin sce bretonne | X | | | X | | X | | | | | X | | | |
| | Carottes BIO braisées (Oignons | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Poire | | | | | | | | | | | | | | |
| mer 26 Novembre | Lentilles échalotes vgte | | | | | | | | | X | | X | X | | |
| | Omelette nature | X | | X | | | | | | | | | | | |
| | Haricot vert braisés | | | | | | | | | | | | | | |
| | Fromage frais aux fruits | X | | | | | | | | | | | | | |
| | Banane bio | | | | | | | | | | | | | | |
| jeu 27 Novembre | Macédoine mayonnaise | | | X | | | | | | X | | | X | | |
| | Croq végétarien fromag épinard | X | | | | | X | | | | | | | | |
| | Blé à la tomate | | | | | | X | | | | | | | | |
| | Edam. | X | | | | | | | | | | | | | |
| | Clémentine | | | | | | | | | | | | | | |
| ven 28 Novembre | Chou rouge vgte BIO | | | | | | | | | X | | | X | | |
| | Sauté de boeuf à l'orientale | | | | | | X | | | | | | | | |
| | Semoule BIO | | | | | | X | | | | | | | | |
| | Fondu Président | X | | | | | | | | | | | | | |
| | Coupelle de fruits au naturel | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| Elémentaire s/viande | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Date | Plat Name | Lait | Soja | Oeuf | Poisson | Crustacés | Blé / Gluten | Fruits à coques | Sésame | Sulfites | Arachides | Céleri | Moutarde | Lupin | Mollusques |
| lun 3 Novembre | Macédoine mayonnaise | | | X | | | | | | X | | | X | | |
| | Parmentier BIO de poisson | X | | | X | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | | |
| mar 4 Novembre | Chou rouge BIO vgte balsamique | | | | | | | | | X | | | X | | |
| | Dahl de pois chiche et RIZ BIO | | | | | | | | | | | | X | | |
| | Tomme blanche ind. | X | | | | | | | | | | | | | |
| | Liégeois au chocolat | X | | | | | | | | | | | | | |
| mer 5 Novembre | Salade pâte tricolore BIO vgte | | | X | | | X | X | | X | | | X | | |
| | Croq basquaise | | | | | | X | | | | | | | | |
| | Poêlée campagnarde | X | | | | | | | | | | | | | |
| | Fromage frais sucré. | X | | | | | | | | | | | | | |
| | Purée pomme ananas | | | | | | | | | | | | | | |
| jeu 6 Novembre | Céleri râpé rémoulade BIO | | | X | | | | | | | | X | X | | |
| | Omelette nature | X | | X | | | | | | | | | | | |
| | Petits pois au jus | | | | | | | | | | | | | | |
| | Emmental | X | | | | | | | | | | | | | |
| | Crème dessert au caramel | X | | | | | | | | | | | | | |
| ven 7 Novembre | Pdt sce tartare | | | X | | | | | | X | | | X | | |
| | Beignet de poisson | X | | | X | | X | | | | | | X | | |
| | Carottes BIO braisées (Oignons | | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | | |
| | Clémentine BIO | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 10 Novembre | Duo d'hiver (carotte bio) vgte agrumes | | | | | | | | | X | | | | | |
| | Feuilleté au fromage | X | | | | | X | | | | | | | | |
| | Haricot vert braisés | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Madeleine | X | | X | | | X | | | | | | | | |
| mer 12 Novembre | Salade de pâtes BIO mayo paprika | | | X | | | X | | | | | | X | | |
| | Filet colin façon beurre blanc | X | | | X | | | | | X | | | | | |
| | Purée carotte | X | | | | | | | | | | | | | |
| | Fromage frais aux fruits | X | | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | | |
| jeu 13 Novembre | Salade verte crouton NATURE | X | | | | | X | | | | | | | | |
| | Lasagne au saumon | X | | X | X | | X | | | | | | | | |
| | Vache qui rit BIO | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | X | | | | | | | | | | | | | |
| ven 14 Novembre | Betterave BIO NATURE | | | | | | | | | | | | | | |
| | Bouchée de blé panée | | | X | | | X | | | | | | | | |
| | Petits pois au jus | | | | | | | | | | | | | | |
| | Edam | X | | | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 17 Novembre | Crêpe au fromage | X | | X | | | X | | | | | | | |
| | Tortilla | | | X | | | | | | | | | | |
| | Epinard béchamel | X | | | | | X | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | |
| | Clémentine | | | | | | | | | | | | | |
| mar 18 Novembre | Taboulé à la SEMOULE BIO | | | | | | X | | | | | | | |
| | Parmentier poisson au potiron. | X | | | X | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | |
| | Pomme (bicolore) | | | | | | | | | | | | | |
| mer 19 Novembre | Salade verte vgte | | | | | | | | | X | | | X | |
| | Croq végétarien fromag épinard | X | | | | | X | | | | | | | |
| | Flageolet au jus | | | | | | | | | | | | | |
| | Fromage frais sucré. | X | | | | | | | | | | | | |
| | Poire | | | | | | | | | | | | | |
| jeu 20 Novembre | Chou blanc vgte BIO | | | | | | | | | X | | | X | |
| | Curry poisson au lait de coco | X | | | X | | X | | | | | | X | |
| | Riz créole BIO | | | | | | | | | | | | | |
| | Fraidou | X | | | | | | | | | | | | |
| | Purée pomme cannelle | | | | | | | | | | | | | |
| ven 21 Novembre | Potage de légumes | | | | | | | | | | X | | | |
| | Torti bolognaise lentille BIO | | | | | | X | | | | | | | |
| | Gouda | X | | | | | | | | | | | | |
| | Liégeois au chocolat | X | | | | | | | | | | | | |

**Liste des allergènes contenus dans les plats clients**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| lun 24 Novembre | Salade vitaminée BIO vgte orange | | | | | | | | | X | | | X | |
| | Beignet de poisson | X | | | X | | X | | | | | | X | |
| | Purée Pdt | X | | | | | | | | | | | | |
| | Coulommiers | X | | | | | | | | | | | | |
| | Flan nappé au caramel | X | | | | | | | | | | | | |
| mar 25 Novembre | Salade pâtes tortis vgte BIO basilic | | | | | | X | | | X | | | X | |
| | Filet colin sce bretonne | X | | | X | | X | | | | | X | | |
| | Carottes BIO braisées (Oignons | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | |
| | Poire | | | | | | | | | | | | | |
| mer 26 Novembre | Lentilles échalotes vgte | | | | | | | | | X | | X | X | |
| | Omelette nature | X | | X | | | | | | | | | | |
| | Haricot vert braisés | | | | | | | | | | | | | |
| | Fromage frais aux fruits | X | | | | | | | | | | | | |
| | Banane bio | | | | | | | | | | | | | |
| jeu 27 Novembre | Macédoine mayonnaise | | | X | | | | | | X | | | X | |
| | Croq végétarien fromag épinard | X | | | | | X | | | | | | | |
| | Blé à la tomate | | | | | | X | | | | | | | |
| | Edam. | X | | | | | | | | | | | | |
| | Clémentine | | | | | | | | | | | | | |
| ven 28 Novembre | Chou rouge vgte BIO | | | | | | | | | X | | | X | |
| | Filet colin sce orientale | | | | X | | X | | | | | | | |
| | Semoule BIO | | | | | | X | | | | | | | |
| | Fondu Président | X | | | | | | | | | | | | |
| | Coupelle de fruits au naturel | | | | | | | | | | | | | |