

# LISTE DES ALLERGÈNES

| Date   | Plat                                   | Lait               | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|--|--|--------------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Semaine n°39 - du 27 septembre au 3 octobre</b> |  | <b>Elémentaire</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| lun 27 septembre                                   | Salade arlequin                        |                    |              |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Goulash de boeuf                       |                    | X            |      |         |          |                 |           |            |      |        |           | X        |        |       |  |
|  | Carottes braisées                      |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Cotentin                               | X                  |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Pomme                                  |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mar 28 septembre                                   | Betterave échalote vinaigrette         |                    |              |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Boulettes d'agneau sauce tomate        |                    | X            |      |         |          |                 |           |            | X    |        |           | X        |        |       |  |
|  | Sémoule                                |                    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Fromage frais nature                   | X                  |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Mousse au chocolat au lait             | X                  |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| mer 29 septembre                                   | Concombre vinaigrette                  |                    |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |  |
|  | Cassoulet                              |                    | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Cassoulet (sans porc)                  | X                  | X            |      |         |          |                 |           |            | X    |        |           |          |        |       |  |
|  | Camembert                              | X                  |              |      |         |          |                 |           |            | X    |        |           | X        |        |       |  |
|  | Kiwi                                   |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
| jeu 30 septembre                                   | Velouté potiron et châtaigne           | X                  |              |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Blanquette de volaille aux champignons | X                  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Riz créole                             |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Petit fromage frais aux noix           | X                  |              |      |         |          |                 |           | X          |      |        |           |          |        |       |  |
|  | Fondant aux fruits des bois            | X                  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |  |
| ven 1 octobre                                      | Salade de pâtes tricolores             |                    | X            |      |         | X        |                 |           |            |      |        |           |          |        |       |  |
|  | Nuggets de blé                         |                    | X            |      |         |          |                 |           |            |      |        |           | X        |        |       |  |
|  | Milfonnée de légumes                   |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Yaourt aromatisé                       | X                  |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |
|  | Banane                                 |                    |              |      |         |          |                 |           |            |      |        |           |          |        |       |  |