



## RESTAURANT SCOLAIRE

### Semaine du 25 au 29 Novembre 2024

#### MENU NORMAL

#### MENU SANS VIANDE

|                     |                             | Gluten             | Ceufs | Arachides | Lait | Poissons | Crustacés | Mollusques | Soja | Fruits à coques | Céleri | Moutarde | Graines de sésame | Sulfites | Lupin |  |
|---------------------|-----------------------------|--------------------|-------|-----------|------|----------|-----------|------------|------|-----------------|--------|----------|-------------------|----------|-------|--|
| LUNDI               | SANS VIANDE tous les LUNDIS |                    |       |           |      |          |           |            |      |                 |        |          |                   |          |       |  |
|                     | MARDI                       | Salami / Cornichon |       |           |      |          |           |            |      |                 |        |          |                   |          |       |  |
|                     |                             | Escalope de poulet | X     | X         |      |          |           |            | X    | X               | X      |          |                   |          |       |  |
|                     |                             | Pâtes              | X     | T         |      |          |           |            |      |                 |        |          |                   |          |       |  |
|                     |                             | Fromage coupe      |       |           |      | X        |           |            |      |                 |        |          |                   |          |       |  |
| Mirabelles au sirop |                             |                    |       |           |      |          |           |            |      |                 |        |          |                   |          |       |  |
| JEUDI               | Terrine de campagne         | T                  | X     | X         |      |          |           | T          |      |                 |        |          |                   |          |       |  |
|                     | Emincé de bœuf aux olives   | X                  | X     | X         |      |          | X         | X          | X    | X               |        |          |                   |          |       |  |
|                     | Haricots beurre             |                    |       |           |      |          |           | T          |      |                 |        |          |                   |          |       |  |
|                     | Fromage coupe               |                    |       |           | X    |          |           |            |      |                 |        |          |                   |          |       |  |
|                     | Beignet                     | X                  | X     | T         |      |          | T         | T          |      |                 |        |          |                   |          |       |  |
| VENDREDI            | Carottes râpées             | T                  | X     | X         | T    | T        | T         | T          | X    | X               | T      | T        |                   |          |       |  |
|                     | Filet de lieu pané          | X                  | T     | T         | X    | T        | T         | T          | T    | T               |        |          |                   |          |       |  |
|                     | Torsades                    | X                  | X     |           |      |          |           |            |      |                 |        |          |                   |          |       |  |
|                     | Fromage coupe               |                    |       |           | X    |          |           |            |      |                 |        |          |                   |          |       |  |
|                     | Tarte au flan               | X                  | X     | X         | T    | T        | X         | T          | T    |                 |        |          |                   |          |       |  |

|                     |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|---------------------|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|
| Œuf dur mayonnaise  |   | X |   |   |   |   |   |   |   | X | X |  |  |  |  |
| Chili végétarien    | T | T | T | T |   |   |   | T | T | T |   |  |  |  |  |
| Fromage coupe       |   |   |   | X |   |   |   |   |   |   |   |  |  |  |  |
| Fruit de saison     |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
| Terrine de légumes  |   | X | X |   |   |   |   |   | T |   |   |  |  |  |  |
| Nuggets de poisson  | X | T | T | X | T |   |   | T | T | T | T |  |  |  |  |
| Pâtes               | X | T |   |   |   |   |   |   |   |   |   |  |  |  |  |
| Fromage coupe       |   |   |   | X |   |   |   |   |   |   |   |  |  |  |  |
| Mirabelles au sirop |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
| Crudité             |   |   |   |   |   |   |   |   |   |   | X |  |  |  |  |
| Calamars frits      | X | T |   | T | X | T | X |   |   |   |   |  |  |  |  |
| Haricots beurre     |   |   |   |   |   |   |   |   |   |   | T |  |  |  |  |
| Fromage coupe       |   |   |   | X |   |   |   |   |   |   |   |  |  |  |  |
| Beignet             | X | X | T |   |   |   |   | T | T |   |   |  |  |  |  |
| Carottes râpées     | T | X | X | T | T | T | T | X | X | T | T |  |  |  |  |
| Filet de lieu pané  | X | T | T | X | T | T | T | T | T | T |   |  |  |  |  |
| Torsades            | X | X |   |   |   |   |   |   |   |   |   |  |  |  |  |
| Fromage coupe       |   |   |   | X |   |   |   |   |   |   |   |  |  |  |  |
| Tarte au flan       | X | X | X | T | T | X | T | T |   |   |   |  |  |  |  |

**FAMILLE DE PRODUITS**

|  |                         |
|--|-------------------------|
|  | Légumes et fruits crus  |
|  | Légumes et fruits cuits |
|  | Produits protidiques    |
|  | Féculents               |
|  | Produits laitiers       |

Validé par une diététicienne  
du Club Nutriservices

**CODIFICATION DES ALLERGENES (T = traces)**

|  |            |  |                   |
|--|------------|--|-------------------|
|  | GLUTEN     |  | SOJA              |
|  | ŒUFS       |  | FRUITS A COQUES   |
|  | ARACHIDES  |  | CELERI            |
|  | LAIT       |  | MOUTARDE          |
|  | POISSONS   |  | GRAINES DE SESAME |
|  | CRUSTACES  |  | SULFITES          |
|  | MOLLUSQUES |  | LUPIN             |