# AFFICHAGE DES ALLERGENES PRÉSENTS VOLONTAIREMENT DANS LES MENUS

| | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages et laitages | | X | | | | | | | | | | | |
| **lundi 2 novembre 2026** | | | | | | | | | | | | | |
| Salade de pomme de terre | | X | X | X | | | | | X | | | | X |
| Salade verte | | | | | | | | | X | | | | X |
| Betterave | | X | | | | | | | X | | | | X |
| 0 | | X | | | | | | | X | | | | X |
| Escalope de volaille panée | X | X | X | | | | | | X | | X | | X |
| Poisson pané | X | X | X | X | | | | | | | | | |
| Pâtes | | | | | | | | | | | | | |
| Julienne de légumes | X | X | | | | | | | | | | | |
| Pêches au sirop léger | | | | | | | | | | | | | |
| Donut chocolat | X | X | X | | | | | | | | | | |
| Fruit de saison | X | X | X | | | | | | | | | X | |
| **mardi 3 novembre 2026** | | | | | | | | | | | | | |
| Endives et noix | | | X | | | | | | X | | | X | X |
| Salade verte | | | | | | | | | X | | | | X |
| Œuf mayonnaise | | | X | | | | | | X | | | | X |
| Carotte rapées | | | | | | | | | X | | | | |
| Omelette à la tomate | X | X | | | | | | | | | X | | X |
| Brocolis sautés | | X | | | | | | | | | | | |
| Riz pilaf | | X | | | | | | | | | | | |
| Panna cotta au coulis | | X | | | | | | | | | | | X |
| Compote de pomme | | | | | | | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | |
| **mercredi 4 novembre 2026** | | | | | | | | | | | | | |
| Salade de maïs | X | X | X | | | | | | X | | | | X |
| Émincé de bœuf à la hongroise | X | X | X | | | | | | | | X | | X |
| Navets confits | | X | | | | | | | | | | | X |
| Blé | X | X | | | | | | | | | | | |
| Salade de fruits frais | | | | | | | | | | | | | |
| **jeudi 5 novembre 2026** | | | | | | | | | | | | | |
| Salade verte | | | | | | | | | X | | X | | X |
| Salade de brocolis aux amandes | | | | | | | | | X | | | X | X |
| Tarte fines aux oignons | X | X | X | | | | | | | | | | |
| Mousseline de potiron à la noisettes | | X | | | | | | | | | | X | |
| Rôti de porc sauce charcutière | X | X | X | | | | | | X | | X | | X |
| Filet de poisson crème et câpres | X | X | X | X | | | | | | | X | | X |
| Frites | | | | | | | | | | | | | |
| Haricots verts en persillade | | X | | | | | | | | | | | |
| Mousse chocolat | X | X | X | | | | | | | | | X | |
| Crème dessert vanille | | X | X | | | | | | | | | | |
| Fruit de saison | | | | | | | | | | | | | |
| **vendredi 6 novembre 2026** | | | | | | | | | | | | | |
| Salade de mais et œufs durs | | | X | | | | | | X | | | | X |
| Macedoine de légumes | | | X | | | | | | X | | | | X |
| Salade verte | | | | | | | | | X | | | | X |
| Émincé de chou chinois | | | | | | | | | X | | | | X |
| Fricassée de poisson sauce safranée | X | X | X | X | | | | | X | | X | | X |
| Sauté de dinde à la normande | X | X | X | | | | | | X | | X | | X |
| Butternut confitte | | | | | | | | | | | | | |
| Riz pilaf | | X | | | | | | | | | | | |
| Ananas | | | | | | | | | | | | | |
| Tartelette au citron | X | X | X | | | | | | | | | | |
| Compote pomme abricot | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages et laitages | | X | | | | | | | | | | | |
| **lundi 9 novembre 2026** | | | | | | | | | | | | | |
| Crémeux de betterave et croutons | X | | X | | | | | | X | | | | X |
| Salade verte | | | | | | | | | X | | | | X |
| Terrine de campagne cornichon | X | X | X | | X | | | | X | | | | X |
| Salade de pâtes | X | X | X | X | X | | | | X | | X | | X |
| Haut de cuisse de poulet façon basquaise | X | X | X | | | | | | X | | X | | X |
| Lieu provençale | X | X | X | X | | | | | X | | X | | X |
| Riz | | X | | | | | | | | | | | |
| Petits pois à l'échalotte | | X | | | | | | | | | | | |
| Compote de fruits sans sucre ajouté | | | | | | | | | | | | | |
| Fruits de saison | | | | | | | | | | | | | |
| Crumble aux pommes | X | X | X | | | | | | | | | | |
| **mardi 10 novembre 2026** | | | | | | | | | | | | | |
| Cake Feta épinard | X | X | X | | | | | | X | | | | X |
| Salade verte | | | | | | | | | X | | | | X |
| Coleslaw de carottes à la coriandre et noix | X | X | X | X | X | X | | | X | | | X | X |
| Sauté de porc aux vendanges d'automne | X | X | X | | | | | | X | | X | | X |
| Filet de colin sauce au raisins blancs | X | X | X | X | | | | | | | X | | X |
| Potimarron rôti au miel et à la muscade | | X | | | | | | | | | | | |
| Polenta à l'olive noir et persil | | X | | | | | | | | | | | |
| Fruits de saison | | | | | | | | | | | | | |
| Carotte cake | X | X | X | | | | | | | | | | |
| Ile flottante au citron et caramel beurre salé | X | X | X | | | | | | | | | X | |
| **mercredi 11 novembre 2026** | | | | | | | | | | | | | |
| FERIE | X | X | | | | | | | X | | | X | X |
| FERIE | X | X | X | | | | | | X | | X | | X |
| 0 | X | X | X | X | | | | | | | | | |
| FERIE | X | | | | | | | | | | | | |
| 0 | | X | | | | | | | | | | | |
| FERIE | | X | | | | | | | | | | | |
| **jeudi 12 novembre 2026** | | | | | | | | | | | | | |
| Salade verte | | | | | | | | | X | | | | X |
| Chou blanc râpé | | | | | | | | | X | | | | X |
| Radis noir râpé | | | | | | | | | X | | | | X |
| Haricots verts à l'échalote | | | | | | | | | X | | | | X |
| Tajine de pois chiches aux fruits secs | X | X | X | | | | | | X | | X | X | X |
| 0 | | X | X | X | X | X | X | | | | | X | X |
| Semoule | | X | | | | | | | | | X | | X |
| Épinards béchamel | X | X | | | | | | | | | | | |
| Mini chou vanille | X | X | X | | | | | | | | | | |
| Fruits de saison | | | | | | | | | | | | | |
| Riz au lait | | X | | | | | | | | | | | |
| **vendredi 13 novembre 2026** | | | | | | | | | | | | | |
| Feuilleté au fromage fondu | X | X | X | | | | | | | | | | |
| Salade verte | | | | | | | | | X | | | | X |
| Gratin de poisson | X | X | X | X | | | | | X | | X | | X |
| Escalope de dinde aux champignon | X | X | X | | | | | | X | | X | | X |
| Blette en persillade | | X | | | | | | | | | | | |
| Coquillettes | X | X | X | | | | | | | | X | | X |
| Fruits de saison | | | | | | | | | | | | | |
| Crème vanille | X | X | X | | | | | | | | | | |
| Tarte au flan | X | X | X | | | | | | | | | | |