

Liste des 14 allergènes principaux par recette

| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|---|------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 🍳 | Lundi 06 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Cheeseburger | X | X | X | | | | | | | X | | X | X | |
| 🍷 | Fish burger | X | X | | X | X | | | | | | | X | X | |
| 🍷 | Pommes grenailles rôties | | | | | | | | | | | | | | |
| 🍷 | Salade verte | | | | | | | | | | | | | | |
| 🍷 | Mimolette | X | | | | | | | | | | | | | |
| 🍷 | Yaourt aromatisé | X | | | | | | | | | | | | | |
| 🍷 | Liégeois chocolat | X | | | | | | | | | X | | | | |
| 🍷 | Liégeois vanille | X | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍳 | Mardi 07 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Coleslaw | | | X | | X | | | | | | | X | | |
| 🍷 | Potage de potiron | | | | | | | | | | | | | | |
| 🍷 | Gnocchi à la tomate | | X | | | | | | | | | | | | |
| 🍷 | Petits pois | | | | | | | | | | | | | | |
| 🍷 | Emmental râpé | X | | | | | | | | | | | | | |
| 🍷 | Compote pommes bananes | | | | | | | | | | | | | | |
| 🍷 | Smoothie lait de coco | | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍳 | Jeudi 09 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Omelette nature | X | | X | | | | | | | | | | | |
| 🍷 | Poulet sauce champignons | X | X | | | X | | | | | | | | | |
| 🍷 | Gratin de chou-fleurs | X | X | | | | | | | | | | | | |
| 🍷 | Purée de carottes persillées | X | | | | | | | | | | | | | |
| 🍷 | Brie | X | | | | | | | | | | | | | |
| 🍷 | Vache qui rit® | X | | | | | | | | | | | | | |
| 🍷 | Galette des rois | X | X | X | | | X | | | | | | | | |
| 🍷 | Galette des rois aux pommes | X | X | X | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |

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|--|--|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Vendredi 10 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Œufs durs mayonnaise | | | X | | X | | | | | | | X | | |
| | Pâté de foie | X | X | | | X | | | | | X | | X | | |
| | Stick poisson pané | | X | | X | | | | | | | | | | |
| | Haricots verts | X | | | | | | | | | | | | | |
| | Macaroni à l'emmental | X | X | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Yaourt aux fruits | X | | | | | | | | | | | | | |
| | Ketchup dosette | | | | | | | | | | | | | | |
| | Mayonnaise dosette | | | X | | X | | | | | | | X | | |
| | Pain | | X | | | | | | | | | | | | |
| | Lundi 13 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Filet de colin | X | | | X | | | | | | | | | | |
| | Saucisse fumée | | | | | | | | | | | | | | |
| | Carottes braisées | X | | | | | | | | X | | | | | |
| | Lentilles | | | | | | | | | | | | | | |
| | Comté lait cru | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Tarte normande | X | X | X | | | | | | | | | | | X |
| | Pain | | X | | | | | | | | | | | | |
| | Mardi 14 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Carottes râpées vinaigrette du terroir | | | | | X | | | | | | | X | | |
| | Potage de légumes | | | | | | | | | | | | | | |
| | Penne au thon | | X | | X | | | | | | | | | | |
| | Penne carbonara | X | X | X | | | | | | | | | | | |
| | Brocolis | X | | | | | | | | | | | | | |
| | Flan chocolat | X | | | | | | | | | | | | | |
| | Flan vanille caramel | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |

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|---|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 🍷 | Jeudi 16 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Quiche brocolis champignons | X | X | X | | | | | | | | | | | |
| 🍷 | Salade verte et tomates | | | | | | | | | | | | | | |
| 🍷 | Fromage blanc sucré | X | | | | | | | | | | | | | |
| 🍷 | Vache qui rit® | X | | | | | | | | | | | | | |
| 🍷 | Gâteau aux poires | X | X | X | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Vendredi 17 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Crêpe au fromage | X | X | X | | | | | | | | | | | |
| 🍷 | Mini-pizza | X | X | | | | | | | | | | | | |
| 🍷 | Calamars à la romaine | | X | | | | | | X | | | | | | |
| 🍷 | Epinards à la crème | X | | | | | | | | | | | | | |
| 🍷 | Riz pilaf | | | | | | | | | | | | | | |
| 🍷 | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| 🍷 | Orange à la cannelle | | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Lundi 20 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Nugget filet poulet | | X | | | | | | | | | | | | |
| 🍷 | Nuggets de poisson | | X | | X | | | | | | | | | | |
| 🍷 | Boulgour pilaf | | X | | | | | | | | | | | | |
| 🍷 | Haricots beurre à la provençale | X | | | | | | | | | | | | | |
| 🍷 | Bleu | X | | | | | | | | | | | | | |
| 🍷 | Petit moulé ail et fines herbes | X | | | | | | | | | | | | | |
| 🍷 | Corbeille de fruits | | | | | | | | | | | | | | |
| 🍷 | Fromage blanc confiture fraise | X | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Mardi 21 Janvier - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Rillettes à la sardine | X | X | X | X | | | | | | | | X | | |
| 🍷 | Salade verte au maïs | | | | | | | | | | | | | X | |
| 🍷 | Pavé du fromager à l'emmental | X | X | X | | | | | | | | | | | |

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|--|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Céleri | X | | | | | | | | X | | | | | |
| | Riz sauce tomate | | X | | | | | | | | | | | | |
| | Churros sauce chocolat | X | X | X | | | | | | | X | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Jeudi 23 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Merguez | | | | | | | | | | | | X | | |
| | Portion colin thym citron | | X | | X | | | | | | | | | | |
| | Légumes couscous | | | | | | | | | X | | | X | | |
| | Semoule | | X | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Gâteau citron amande | X | X | X | | | X | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Vendredi 24 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Betterave vinaigrette | | | | | X | | | | | | | X | | |
| | Potage de légumes verts | | | | | | | | | X | | | | | |
| | Acras de morue | X | X | | X | | | | | | | | | | |
| | Fondue de poireaux | X | | | | | | | | | | | | | |
| | Risoni | | X | | | | | | | | | | | | |
| | Crème dessert caramel | X | | | | | | | | | X | | | | |
| | Crème dessert vanille | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Lundi 27 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Cordon bleu | X | X | X | | | | | | X | X | | X | | |
| | Saumonette sauce citron | X | X | | X | | | | | | | | | | |
| | Brocolis | X | | | | | | | | | | | | | |
| | Penne | | X | | | | | | | | | | | | |
| | Croûte noire | X | | | | | | | | | | | | | |
| | Fromage frais aux fruits | X | | | | | | | | | | | | | |
| | Donuts | X | X | | | | | | | | X | | | | |

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|--|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Pain | | X | | | | | | | | | | | | |
| | Mardi 28 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Pamplemousse et sucre | | | | | | | | | | | | | | |
| | Rillettes de porc | | | | | X | | | | | | | X | | |
| | Clafoutis colin poireaux | X | X | X | X | | | | | | | | | | |
| | Jambon grillé | | | | | | | | | | | | | | |
| | Choux fleurs au curry | X | X | | | | | | | | | | | | |
| | Pommes grenailles rôties | | | | | | | | | | | | | | |
| | Compote pommes fraises | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Vendredi 31 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Bouillon de légumes vermicelles | | X | | | | | | | | | | | | |
| | Haricots verts à l'échalote | | | | | X | | | | | | | X | | |
| | Pané de blé fromage épinards | X | X | | | | | | | | | | | | |
| | Blé à la tomate | X | X | | | | | | | | | | | | |
| | Courgettes à la persillade | X | | | | | | | | | | | | | |
| | Eclair au café | X | X | X | | | | | | | X | | | | |
| | Eclair chocolat | X | X | X | | | | | | | X | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Lundi 03 Février - Déjeuner | | | | | | | | | | | | | | |
| | Emincé de poulet sauce suprême | X | X | | | | | | | | | | | | |
| | Filet de colin sauce normande | X | X | | X | | | | | | | | X | | |
| | Carottes | | | | | | | | | | | | | | |
| | Torsades | X | X | | | | | | | | | | | | |
| | Bûchette mi-chèvre | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Flan vanille caramel | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |

| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|---|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 🍷 | Mardi 04 Février - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Radis beurre | X | | | | | | | | | | | | | |
| 🍷 | Velouté carotte coco curcuma | | | | | X | | | | | | | | | |
| 🍷 | Pizza au fromage | X | X | X | | | | | | | | | | | |
| 🍷 | Salade verte et tomates | | | | | | | | | | | | | | |
| 🍷 | Corbeille de fruits | | | | | | | | | | | | | | |
| 🍷 | Riz au lait nappé caramel | X | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Jeudi 06 Février - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Haut de cuisse de poulet rôti | | | | | | | | | | | | | | |
| 🍷 | Omelette nature | X | | X | | | | | | | | | | | |
| 🍷 | Petits pois | | | | | | | | | | | | | | |
| 🍷 | Pommes boulangères locales | X | X | | | | | | | | | | | | |
| 🍷 | Saint-Nectaire | X | | | | | | | | | | | | | |
| 🍷 | Yaourt nature sucré | X | | | | | | | | | | | | | |
| 🍷 | Crêpe chocolat | X | X | X | | | X | | | | X | | | | |
| 🍷 | Crêpe pommes fourrées | X | X | X | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Vendredi 07 Février - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Houmous et mouillettes | | X | | | X | | | | | | | | | |
| 🍷 | Salade verte au maïs | | | | | X | | | | | | | X | | |
| 🍷 | Beignet de poisson | | X | X | | | | | | | X | | | | |
| 🍷 | Brunoise de légumes | X | | | | | | | | X | | | | | |
| 🍷 | Riz | | | | | | | | | | | | | | |
| 🍷 | Liégeois chocolat | X | | | | | | | | | X | | | | |
| 🍷 | Liégeois vanille | X | | | | | | | | | | | | | |
| 🍷 | Pain | | X | | | | | | | | | | | | |
| 🍷 | Lundi 10 Février - Déjeuner | | | | | | | | | | | | | | |
| 🍷 | Boulettes soja sauce napolitaine | | | | | X | | | | | X | | | | |
| 🍷 | Purée de pommes de terre | X | | | | X | | | | | | | | | |

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|--|---------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Ratatouille | | | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Compote pommes abricots | | | | | | | | | | | | | | |
| | Compote pommes bananes | | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Jeu 13 Février - Déjeuner | | | | | | | | | | | | | | |
| | Lasagne bolognaise | X | X | | | | | | | X | | | | | |
| | Lasagne de légumes | X | X | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Faisselle | X | | | | | | | | | | | | | |
| | Petit moulu ail et fines herbes | X | | | | | | | | | | | | | |
| | Brownie noix de pécan | | X | X | | | X | | | | X | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Vendredi 14 Février - Déjeuner | | | | | | | | | | | | | | |
| | Humous de lentilles corail au cumin | X | | | | | | | | | | | | X | |
| | Velouté de tomate | | X | | | | | | | | | | | | |
| | Filet de saumon au beurre blanc | X | X | X | X | | | | | | | | | | |
| | Fenouil braisé | X | | | | | | | | | | | | | |
| | Riz pilaf | | | | | | | | | | | | | | |
| | Cake pralines | X | X | X | | | | X | | | | | | | |
| | Smoothie à la fraise | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Lundi 03 Mars - Déjeuner | | | | | | | | | | | | | | |
| | Filet de colin sauce vierge exotique | | | X | | | | | | | | | | | |
| | Poulet rôti | | | | | | | | | | | | | | |
| | Haricots verts | X | | | | | | | | | | | | | |
| | Purée de pommes de terre | X | | | | | | | | | | | X | | |
| | Cantal | X | | | | | | | | | | | | | |

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|--|------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Beignet chocolat noisette | X | X | X | | | X | | | | X | | | | |
| | Beignet pomme | | X | X | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Mardi 04 Mars - Déjeuner | | | | | | | | | | | | | | |
| | Carottes râpées vinaigrette | | | | | X | | | | | | | X | | |
| | Soupe à l'oignon local | | | X | | | | | | X | | | | | |
| | Nuggets de blé sauce tartare | | X | X | | X | | | | | | | X | | |
| | Brocolis | X | | | | | | | | | | | | | |
| | Coudes | X | X | | | | | | | | | | | | |
| | Compote pommes bananes | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Jeudi 06 Mars - Déjeuner | | | | | | | | | | | | | | |
| | Tartiflette | X | | | | | | | | | | | | | |
| | Tartiflette végétarienne | X | | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Fromage frais nature | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Clafoutis poires | X | X | X | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | Vendredi 07 Mars - Déjeuner | | | | | | | | | | | | | | |
| | Friand fromage | X | X | X | | | | | | | | | | | |
| | Saucisson sec et beurre | X | | | | | | | | | | | | | |
| | Filet de colin meunière | | X | | X | | | | | | | | | | |
| | Gratin de choux-fleurs | X | X | | | | | | | | | | | | |
| | Riz pilaf | | | | | | | | | | | | | | |
| | Crème dessert caramel | X | | | | | | | | | | | | X | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |