ENTRAIGUES
SUR LA SORGUE

# Liste des 14 allergènes principaux par recette

| Repas/Plat | Gluten | Œufs | Lait | Arachides | Fruits à coques | Soja | Sésame | Lupin | Sulfites | Moutarde | Céleri | Mollusques | Crustacés | Poissons |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lundi 2 Juin** | | | | | | | | | | | | | | |
| **MENU PIQUE ASSIETTE** | | | | | | | | | | | | | | |
| Salade chou rouge | | | | | | | | | | x | x | | | |
| Poulet rôti | | | | | | | | | | | | | | |
| Potatoes /ketchup | | | | | | | | | | | | | | |
| Riz au lait | x | x | x | | | | | | | | | | | |
| **Mardi 3 Juin** | | | | | | | | | | | | | | |
| Charcuterie | | x | x | | | | | | | x | | | | |
| Sauté de bœuf Marengo | x | | x | | | | | | | | | | | |
| Haricots verts | | | | | | | | | | | x | | | |
| Fromage | | | x | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **Mercredi 4 Juin** | | | | | | | | | | | | | | |
| Céleri rémoulade | x | x | x | | | | | | x | x | | | | |
| Filet de poisson | | | | | | | | | | | | | | x |
| sauce pécheur | x | | x | | | | | | | | | x | x | x |
| Riz | x | | x | | | | | | | | | | | |
| Compote/biscuit | x | x | x | | x | | | | | | | | | |
| **Jeudi 5 Juin** | | | | | | | | | | | | | | |
| Taboulé | x | | | | | | | x | x | x | x | | | |
| Omelette au fromage | | x | x | | | | | | | | | | | |
| Gratin de courgette | x | | x | | | | | | | | x | | | |
| Fromage | | | | | | | | | | | | | | |
| Pâtisserie | x | x | x | | x | x | | | | | | | | |
| **Vendredi 6 Juin** | | | | | | | | | | | | | | |
| Tomate cerise | | | | | | | | | x | x | | | | |
| Steak de veau sce poivre | x | | x | | | | | | | | | | | |
| Pates et son gruyère | x | | x | | | | | | | | | | | |
| Glace | | | x | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lundi 09 Juin** | | | | | | | | | | | | | | |
| **FERIE** | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **Mardi 10 Juin** | | | | | | | | | | | | | | |
| Carottes au curry | x | x | x | | | | | | x | x | | | | |
| Nuggets de Poulet | x | | x | | | x | | | | | x | | | |
| PDT Rissolée | | | | | | | | | | | | | | |
| Compote | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **Mercredi 11 Juin** | | | | | | | | | | | | | | |
| Thon mayonnaise | x | x | x | | | | | | x | x | | | | x |
| Rougail Saucisse | | | x | | | | | | | | | | | |
| Poêlée de légumes | | | x | | | | | | | | x | | | |
| Fromage | | | x | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| **Jeudi 12 Juin** | | | | | | | | | | | | | | |
| Pastèque | | | | | | | | | | | | | | |
| Colombo de poisson | x | | x | | | | | | | | | x | x | x |
| Semoule | x | | x | | | | | | | | | | | |
| Fromage | | | x | | | | | | | | | | | |
| Pâtisserie | x | x | x | | x | x | | | | | | | | |
| **Vendredi 13 Juin** | | | | | | | | | | | | | | |
| Salade de pois chiche cumin | | | | | | | | | x | x | | | | |
| Quiche de légumes | x | x | x | | x | | | | | | x | | | |
| Ratatouille | | | x | | | | | | | | x | | | |
| Fromage | | | x | | | | | | | | | | | |
| Yaourt | | | x | | | | | | | | | | | |

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| **Lundi 16 Juin** | | | | | | | | | | | | | | |
| Salade de lentilles | | | | | | | | | x | x | | | | |
| Filet de poisson sauce citron | x | | x | | | | | | | | | | x | x |
| Choux-fleurs persillés | | | x | | | | | | | | x | | | |
| Fromage | | | x | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| **Mardi 17 Juin** | | | | | | | | | | | | | | |
| Melon | | | | | | | | | | | | | | |
| Tajine de légumes | | | x | | | | | | | | x | | | |
| Boulgour | x | | x | | | | | | | | | | | |
| Fromage | | | x | | | | | | | | | | | |
| Pâtisserie | x | x | x | | x | x | | | | | | | | |
| **Mercredi 18 Juin** | | | | | | | | | | | | | | |
| Salade verte | | | | | | | | | x | x | | | | |
| Steak de veau Grillé | | | | | | | | | | | | | | |
| Gratin dauphinois | x | x | x | | x | | | | | | | | | |
| Fromage | | | x | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| **Jeudi 19 Juin** | | | | | | | | | | | | | | |
| Quiche lorraine | x | x | x | | x | | | | | | | | | |
| Poulet rôti | | | | | | | | | | | | | | |
| Courgettes Provençale | | | x | | | | | | | | x | | | |
| Glace | | | x | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **Vendredi 20 Juin** | | | | | | | | | | | | | | |
| Salade de tomates | | | | | | | | | x | x | | | | |
| Boulettes de bœuf | x | | | | | x | | | | | | | | |
| sauce curcuma | x | | x | | | | | | | x | | | | |
| Riz cantonais | x | | | | | | | | | | x | | | |
| Fruit | | | | | | | | | | | | | | |

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| **Lundi 23 Juin** | | | | | | | | | | | | | | |
| Pizza au fromage | x | | x | | | | | | | | | | | |
| Epinard florentine | x | x | x | | x | | | | | | x | | | |
| Fromage | | | x | | | | | | | | | | | |
| Pastèque | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **Mardi 24 Juin** | | | | | | | | | | | | | | |
| Charcuterie et son cornichon | x | x | x | | | | | | | x | | | | |
| Escalope de dinde normande | x | | x | | | | | | | | | | | |
| Petits pois | | | x | | | | | | x | | | | | |
| Yaourt | | | x | | | | | | | | | | | |
| **Mercredi 25 Juin** | | | | | | | | | | | | | | |
| Tomate cerise | | | | | | | | | x | x | | | | |
| Filet de poisson sce dugléré | x | | x | | | | | | | | | | x | x |
| Riz | x | | x | | | | | | | | | | | |
| Fromage | | | x | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | | |
| **Jeudi 26 Juin** | | | | | | | | | | | | | | |
| Betterave maïs | | | | | | | | | x | x | | | | |
| Roti de porc au miel | x | | x | | | | | | | | | | | |
| Carottes Vichy | | | x | | | | | | | | | | | |
| Fromage | | | x | | | | | | | | | | | |
| Compote | | | | | | | | | | | | | | |
| biscuit | x | x | x | | x | x | | | | | | | | |
| **Vendredi 27 Juin** | | | | | | | | | | | | | | |
| Salade Composée | x | x | x | | | | | | x | x | | | | |
| Lamelles Kebab | x | x | x | | | x | | | | | | | | |
| Frites | | | | | | | | | | | | | | |
| Glace | | | x | | | | | | | | | | | |
| | | | | | | | | | | | | | | |