



## RESTAURANT SCOLAIRE semaine du 6 au 10 Décembre 2021

### MENU NORMAL

| LUNDI    | SANS VIANDE tous les LUNDIS |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|----------|-----------------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|
|          |                             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
| MARDI    | Céleri rémoulade            |  | T | X |   | T | T | T | T | T | X | X | T |   |   |   |  |  |  |  |
|          | Chipolata                   |  | T | T |   | T |   |   |   | T | T | X |   |   |   |   |  |  |  |  |
|          | Lentilles                   |  | T |   |   | T |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Fromage coupe               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Crème dessert               |  | X |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
| JEUDI    | Poireaux vinaigrette        |  | T | T |   | T | T | T | X | T | T | T | X | T | X |   |  |  |  |  |
|          | Emincé de bœuf              |  | X | X |   | X |   |   |   | X | X | X | T | X |   |   |  |  |  |  |
|          | Poêlée de légumes           |  | T | T |   | T | T | T |   |   |   | T | T |   |   |   |  |  |  |  |
|          | Fromage coupe               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Biscuit fourré              |  | X | X | T | X |   |   |   |   | X | X | T | T | T | X |  |  |  |  |
| VENDREDI | Soupe de légumes            |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Nuggets de poulet           |  | X | T |   | T |   |   |   | T | T | T | T |   |   |   |  |  |  |  |
|          | Pommes forestine            |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Fromage coupe               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|          | Pain d'épices               |  | X | X |   | X |   |   |   |   | X | X | X |   |   |   |  |  |  |  |

### MENU SANS VIANDE

|  | Carottes râpées            |  | T | X |   | X | T | T | T | T | T | X | X | T |   |   |  |  |  |  |
|--|----------------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|
|  | Tomate farcie végétarienne |  | X | X |   |   |   |   |   | X |   |   | X |   |   |   |  |  |  |  |
|  | Riz basmati                |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Fromage coupe              |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Fruit de saison            |  | X | X |   | X |   |   |   |   | T | X |   |   |   |   |  |  |  |  |
|  |                            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Céleri rémoulade           |  | T | X |   | T | T | T | T | T | T | X | X | T |   |   |  |  |  |  |
|  | Brandade de morue          |  |   |   |   | X | X |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  |                            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Fromage coupe              |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Crème dessert              |  | X |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  |                            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Poireaux vinaigrette       |  | T | T |   | T | T | T | X | T | T | T | X | T | X |   |  |  |  |  |
|  | Filet de poisson meunière  |  | X | T |   | T | X | T | T | T | T | T | T |   |   |   |  |  |  |  |
|  | Poêlée de légumes          |  | T | T |   | T | T | T |   |   |   | T | T |   |   |   |  |  |  |  |
|  | Fromage coupe              |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Biscuit fourré             |  | X | X | T | X |   |   |   |   | X | X | T | T | T | X |  |  |  |  |
|  |                            |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Soupe de légumes           |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Steak fromager             |  | X | X |   | T |   |   |   |   |   | X |   |   |   |   |  |  |  |  |
|  | Pommes forestine           |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Fromage coupe              |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |  |  |  |  |
|  | Pain d'épices              |  | X | X |   | X |   |   |   |   | X |   | X | X |   |   |  |  |  |  |

**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             |