



## RESTAURANT SCOLAIRE

### Semaine du 5 au 9 Décembre 2022

#### MENU NORMAL

| <b>LUNDI</b>    | <b>SANS VIANDE tous les LUNDIS</b> |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-----------------|------------------------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|                 |                                    |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>MARDI</b>    | <b>Carottes râpées</b>             |  | T | X |   | X | T | T | T | T |   | X | X | T |   |   |   |   |
|                 | <b>Nuggets de poulet</b>           |  | X | T |   | T | X | T |   | T | T | T | T |   |   |   |   |   |
|                 | <b>Pommes dauphine</b>             |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | <b>Fromage coupe</b>               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | <b>Pain d'épices</b>               |  | X | T |   | T |   |   |   |   |   |   |   |   |   |   |   |   |
|                 |                                    |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>JEUDI</b>    | <b>Concombre</b>                   |  |   |   |   | X |   |   |   |   |   |   |   | X |   |   |   |   |
|                 | <b>Sauté de dinde</b>              |  | T | T |   | T | X | T |   | T | T | T |   |   |   |   |   |   |
|                 | <b>Riz complet</b>                 |  | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
|                 | <b>Fromage coupe</b>               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | <b>Danette chocolat noisette</b>   |  | T |   |   | X |   |   |   | X | T |   |   |   |   |   |   |   |
|                 |                                    |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>VENDREDI</b> | <b>Salade de pommes de terre</b>   |  | T | X |   | X | X | T | T | T | X | X | T | X |   |   |   |   |
|                 | <b>Steak de veau</b>               |  | X | X |   | T |   |   |   | X | T | T |   |   |   |   |   |   |
|                 | <b>Haricots verts</b>              |  |   |   |   |   |   |   |   | T | T |   |   |   |   |   |   |   |
|                 | <b>Fromage coupe</b>               |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | <b>Fruit de saison</b>             |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

#### MENU SANS VIANDE

| <b>Crudité</b>                   |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | X |
|----------------------------------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>Steak fromager</b>            |  | T | X |   | T |   |   |   | X |   | T | T |   |   |   |   |   |   |
| <b>Pâtes</b>                     |  | X | X |   | T | T |   |   |   |   | X | T |   |   |   |   |   | X |
| <b>Fromage coupe</b>             |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Yaourt nature</b>             |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                                  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Carottes râpées</b>           |  | T | X |   | X | T | T | T |   | X | X | T |   |   |   |   |   |   |
| <b>Filet de poisson</b>          |  |   |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Pommes dauphine</b>           |  | X | X |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Fromage coupe</b>             |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Pain d'épices</b>             |  | X | T |   | T |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                                  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Concombre</b>                 |  |   |   |   | X |   |   |   |   |   |   |   |   | X |   |   |   |   |
| <b>Steak de soja</b>             |  | X | X |   | X |   |   |   | X |   | T | T |   |   |   |   |   |   |
| <b>Riz complet</b>               |  | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| <b>Fromage coupe</b>             |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Danette chocolat noisette</b> |  | T |   |   | X |   |   |   | X | T |   |   |   |   |   |   |   |   |
|                                  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Salade de pommes de terre</b> |  | T | X |   | X | X | T | T | T | X | X | T | X |   |   |   |   | X |
| <b>Gratin de poisson</b>         |  | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| <b>Fromage coupe</b>             |  |   |   |   | X |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Fruit de saison</b>           |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

**FAMILLE DE PRODUITS**

|  |                         |
|--|-------------------------|
|  | Légumes et fruits crus  |
|  | Légumes et fruits cuits |
|  | Produits protéiques     |
|  | 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             |