

*Semaine du 18 novembre 2024 au 22 novembre 2024*

## DEJEUNER

★ produits laitiers 
 ★ protéines 
 ★ féculents 
 ★ légumes et fruits 
 ★ corps gras 
 ★ sucres

	Lundi 18		Mardi 19		Mercredi 20		Jeudi 21		Vendredi 22	
Entrées	<span style="color: yellow;">★</span> <span style="color: blue;">★</span> Tarte au chèvre <span style="color: green;">★</span> Endives emmental <span style="color: green;">★</span> Concombres/feta	1+3+7 7+10+12 7+10+12	<span style="color: green;">★</span> Mâche champêtre <span style="color: green;">★</span> <span style="color: yellow;">★</span> Radis beurre <span style="color: orange;">★</span> Salade de lentilles	10+12 7 10+12	<span style="color: green;">★</span> Carottes râpées <span style="color: green;">★</span> Betteraves et maïs <span style="color: red;">★</span> <span style="color: yellow;">★</span> Saucisson sec	10+12 10+12 12	<span style="color: green;">★</span> Batavia montagnarde <span style="color: green;">★</span> <span style="color: yellow;">★</span> Avocat mayo <span style="color: orange;">★</span> Taboulé citron	10+12 3+10+12 1	<span style="color: green;">★</span> Coleslaw <span style="color: yellow;">★</span> <span style="color: red;">★</span> Jambon blanc <span style="color: yellow;">★</span> Pizza	10+12 1+3+7 +12
Plats du jour	<span style="color: red;">★</span> Filet de lieu sauce crustacés <span style="color: orange;">★</span> Riz pilaf <span style="color: green;">★</span> Haricots verts	2+4+7	<span style="color: orange;">★</span> Lasagnes butternut et ricotta <span style="color: green;">★</span> Jardinière de légumes	1+3+7	<span style="color: red;">★</span> Poulet rôti aux herbes de Provence <span style="color: orange;">★</span> Céréales gourmandes <span style="color: green;">★</span> Endives braisées	1	<span style="color: red;">★</span> Navarin printanier <span style="color: orange;">★</span> <span style="color: yellow;">★</span> Farfalles beurre <span style="color: green;">★</span> Champignons sautés	1+12 1+7	<span style="color: red;">★</span> Boulette de bœuf sauce tomate <span style="color: orange;">★</span> Pommes noisettes <span style="color: green;">★</span> Cœur de céleri braisé	9
Produits laitier	<span style="color: blue;">★</span> Fromage bio	7	<span style="color: blue;">★</span> Yaourt nature	7	<span style="color: blue;">★</span> Fromage bio	7	<span style="color: blue;">★</span> Fromage blanc sucré	7	<span style="color: blue;">★</span> Petit suisse	7
Desserts	<span style="color: purple;">★</span> <span style="color: blue;">★</span> Flan à la pistache <span style="color: green;">★</span> Poire <span style="color: purple;">★</span> <span style="color: yellow;">★</span> Paris Brest	3+7 1+3+7	<span style="color: purple;">★</span> <span style="color: green;">★</span> Cocktail de fruits <span style="color: purple;">★</span> <span style="color: yellow;">★</span> Eclair vanille <span style="color: green;">★</span> Pomme	1+ 3+7	<span style="color: green;">★</span> Ananas <span style="color: purple;">★</span> <span style="color: blue;">★</span> Mousse chocolat <span style="color: purple;">★</span> <span style="color: blue;">★</span> Panna cotta	3+7 7	<span style="color: purple;">★</span> <span style="color: yellow;">★</span> Tropézienne <span style="color: green;">★</span> <span style="color: purple;">★</span> Compote individuelle <span style="color: green;">★</span> Raisins	1+3+7	<span style="color: purple;">★</span> <span style="color: blue;">★</span> Liégeois <span style="color: green;">★</span> Orange <span style="color: purple;">★</span> <span style="color: green;">★</span> Poire au chocolat	7



Bio



Agrilocal

Produits SIQO

1 à 14 Allergènes

**LES MENUS RESPECTENT LE PLAN ALIMENTAIRE REGIONAL**

**TOUTES NOS VIANDES ET CHARCUTERIES SONT D'ORIGINE FRANCAISE**

Le Proviseur,

L'adjointe gestionnaire,

Nicolas MIALON

Isabelle GAUTHIER


# Lycée Jean-Antoine CHAPTAL - MENDE

**SEMAINE 47**

*Semaine du 18 novembre au 22 novembre 2024*

## **SOUPER**

\* produits laitiers 
 \* protéines 
 \* féculents 
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	Lundi 18		Mardi 19		Mercredi 20		Jeudi 21	
<b>Entrée</b>	<span style="color: red;">*</span> <span style="color: orange;">*</span> Jambon cru	12	<span style="color: green;">*</span> <span style="color: red;">*</span> <span style="color: brown;">*</span> Salade Chaptal	3+4+10+ 12	<span style="color: blue;">*</span> <span style="color: orange;">*</span> Pizza fromage	1+3+7	<span style="color: orange;">*</span> <span style="color: green;">*</span> Avocat mayonnaise	3+10 +12
<b>Plat principal</b>	<span style="color: red;">*</span> Tex mex <span style="color: green;">*</span> Ratatouille		<span style="color: red;">*</span> Côte de porc charcutière <span style="color: green;">*</span> <span style="color: blue;">*</span> Gratin de chou fleur	1+7+10 +12  7	<span style="color: red;">*</span> <span style="color: brown;">*</span> Hachi Parmentier maison <span style="color: green;">*</span> Salade verte	7  10+12	<span style="color: red;">*</span> Poisson meunière citron <span style="color: green;">*</span> <span style="color: blue;">*</span> Poireaux à la crème	4+7  7
<b>Laitage</b>	<span style="color: blue;">*</span> Yaourt	 7	<span style="color: blue;">*</span> Fromage bio	7	<span style="color: blue;">*</span> Fromage bio	7	<span style="color: blue;">*</span> Yaourt aux fruits	7
<b>Dessert</b>	<span style="color: green;">*</span> <span style="color: purple;">*</span> Abricots au sirop		<span style="color: purple;">*</span> <span style="color: orange;">*</span> Flan pâtissier	1+3+7	<span style="color: green;">*</span> Kiwi		<span style="color: purple;">*</span> <span style="color: orange;">*</span> Glace	1+3+7



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