




*Semaine du 02 décembre 2024 au 06 décembre 2024*

## DEJEUNER

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

	Lundi 02		Mardi 03		Mercredi 04		Jeudi 05		Vendredi 06	
Entrées	<span style="color: green;">●</span> <span style="color: orange;">●</span> Salade verte et croûtons <span style="color: red;">●</span> <span style="color: yellow;">●</span> Saucisson <span style="color: green;">●</span> Carottes râpées	1+10+12  12  10+12	<span style="color: green;">●</span> <span style="color: orange;">●</span> <span style="color: red;">●</span> Salade de riz composée <span style="color: red;">●</span> <span style="color: yellow;">●</span> Pâté de foie <span style="color: green;">●</span> <span style="color: yellow;">●</span> Macédoine mayo	3+10+12  12  3+10+12	<span style="color: green;">●</span> Céleri rémoulade <span style="color: red;">●</span> <span style="color: yellow;">●</span> Sardine beurre <span style="color: green;">●</span> <span style="color: blue;">●</span> Concombres au fromage blanc	3+9 10+12 4+7 7	<span style="color: green;">●</span> <span style="color: red;">●</span> Betteraves/œuf dur <span style="color: green;">●</span> Salade niçoise <span style="color: yellow;">●</span> Bouchée financière	3+10+12 3+4+10+ 12  1+3+7	<span style="color: yellow;">●</span> Quiche lorraine <span style="color: orange;">●</span> Taboulé oriental <span style="color: orange;">●</span> <span style="color: green;">●</span> Haricots rouges Maïs/Boulgour et courgettes	1+3+7 1+10+12 1+10 +12
Plats du jour	<span style="color: red;">●</span> Paupiette de veau sauce poivre <span style="color: orange;">●</span> Riz pilaf <span style="color: green;">●</span> Haricots verts	1+7	<span style="color: red;">●</span> Darne de saumon sauce meunière <span style="color: orange;">●</span> <span style="color: blue;">●</span> Purée maison <span style="color: green;">●</span> Fenouil à la crème	4+7  7 7	<span style="color: orange;">●</span> <span style="color: green;">●</span> Lentilles à la tomate <span style="color: orange;">●</span> Riz complet		<span style="color: orange;">●</span> <span style="color: red;">●</span> Raviolis	1+3	<span style="color: red;">●</span> Cuisse de poulet rôti <span style="color: orange;">●</span> Spicy potatoes <span style="color: green;">●</span> Salsifis persillés	
Produits laitier	<span style="color: blue;">●</span> Fromage fermier	 7	<span style="color: blue;">●</span> Fromage blanc	7	<span style="color: blue;">●</span> Yaourt nature	7	<span style="color: blue;">●</span> Fromage bio	7	<span style="color: blue;">●</span> Yaourt nature	7
Desserts	<span style="color: purple;">●</span> <span style="color: blue;">●</span> Flan maison <span style="color: green;">●</span> Pomme <span style="color: purple;">●</span> <span style="color: blue;">●</span> Liégeois	3+7  3+7	<span style="color: purple;">●</span> <span style="color: blue;">●</span> Crème anglaise <span style="color: purple;">●</span> <span style="color: yellow;">●</span> Gâteau basque <span style="color: green;">●</span> Poire	3+7 1+3+7	<span style="color: green;">●</span> Kiwi <span style="color: purple;">●</span> <span style="color: green;">●</span> Compote de poires <span style="color: purple;">●</span> <span style="color: yellow;">●</span> Flan pâtissier	1+3+ 7	<span style="color: blue;">●</span> <span style="color: purple;">●</span> Crème dessert <span style="color: purple;">●</span> <span style="color: yellow;">●</span> Eclair choco/vanille <span style="color: green;">●</span> Orange	3+7 1+3+7	<span style="color: purple;">●</span> <span style="color: yellow;">●</span> Donut's <span style="color: blue;">●</span> <span style="color: purple;">●</span> Yaourt aux fruits <span style="color: green;">●</span> Banane	1+3+7 7 1+3+7



Bio



Local

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 49**

*Semaine du 02 décembre au 06 décembre 2024*

## *SOUPER*

\* produits laitiers 
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	Lundi 02		Mardi 03		Mercredi 04		Jeudi 05	
			<b>REPAS REGIONAL</b>					
<b>Entrée</b>	<span style="color: green;">*</span> Velouté de potimarron	7	<span style="color: green;">*</span> <span style="color: red;">*</span> Salade de gésiers	10+12	<span style="color: yellow;">*</span> <span style="color: blue;">*</span> Pizza fromage	1+3+7	<span style="color: green;">*</span> Salade de fenouil à l'orange	10+12
<b>Plat principal</b>	<span style="color: red;">*</span> Gigot de mouton à l'ail <span style="color: orange;">*</span> <span style="color: green;">*</span> Flageolets/carottes	12	<span style="color: red;">*</span> <span style="color: orange;">*</span> <span style="color: green;">*</span> Cassoulet Toulousain	1 1	<span style="color: red;">*</span> <span style="color: yellow;">*</span> Cordon bleu <span style="color: green;">*</span> <span style="color: blue;">*</span> Gratin de chou fleur	1+3+7+12 7	<span style="color: red;">*</span> Thon basquaise <span style="color: orange;">*</span> Semoule	4 1+3
<b>Laitage</b>	<span style="color: blue;">*</span> Bleu d'Auvergne	 7	<span style="color: blue;">*</span> Fromage bio local	7	<span style="color: blue;">*</span> Yaourt	7	<span style="color: blue;">*</span> Yaourt nature sucré	7
<b>Dessert</b>	<span style="color: green;">*</span> Ananas frais		<span style="color: purple;">*</span> <span style="color: blue;">*</span> Crème catalane	3+7	<span style="color: green;">*</span> Pomme fruits		<span style="color: purple;">*</span> <span style="color: yellow;">*</span> Tarte citron	1+3+7



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