






*Semaine du 16 décembre 2024 au 20 décembre 2024*

## DEJEUNER

\* produits laitiers 
 \* protéines 
 \* féculents 
 \* légumes et fruits 
 \* corps gras 
 \* sucres

	Lundi 16		Mardi 17		Mercredi 18		Jeudi 19		Vendredi 20	
Entrées	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Salade verte <span style="float: right;">10+12</span></li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Jambon cuit <span style="float: right;">12</span></li> <li><span style="color: yellow;">*</span> <span style="color: green;">*</span> Radis/beurre <span style="float: right;">7</span></li> </ul>				<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> Taboulé <span style="float: right;">1+3+10</span></li> <li><span style="color: green;">*</span> Chou rouge <span style="float: right;">+12</span></li> <li><span style="float: right;">10+12</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> <span style="color: red;">*</span> PDT/Museau <span style="float: right;">10+12</span></li> <li><span style="color: green;">*</span> <span style="color: red;">*</span> Endives/oeufs <span style="float: right;">3+10+12</span></li> <li><span style="color: yellow;">*</span> <span style="color: green;">*</span> Jambon cru <span style="float: right;">12</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Macédoine légumes <span style="float: right;">10+12</span></li> <li><span style="color: green;">*</span> Salade de mâche <span style="float: right;">10+12</span></li> <li><span style="color: red;">*</span> Maquereaux <span style="float: right;">4</span></li> </ul>	
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Rôti de porc au jus</li> <li><span style="color: orange;">*</span> Céréales gourmandes <span style="float: right;">1+3</span></li> <li><span style="color: green;">*</span> Cœur de céleri <span style="float: right;">9</span></li> </ul>		<p><b>REPAS</b></p> <p><b>DE</b></p> <p><b>NOEL</b></p>		<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Saumon/citron <span style="float: right;">4</span></li> <li><span style="color: orange;">*</span> <span style="color: blue;">*</span> Purée <span style="float: right;">7</span></li> <li><span style="color: green;">*</span> Fondue de poireaux</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Sauté de veau marenco <span style="float: right;"> 7</span></li> <li><span style="color: orange;">*</span> Macaroni au jus <span style="float: right;">1+3</span></li> <li><span style="color: green;">*</span> Chou de Bruxelles</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Nugguet's ketchup <span style="float: right;">1+3</span></li> <li><span style="color: orange;">*</span> Riz pilaf</li> <li><span style="color: green;">*</span> Epinards béchamel <span style="float: right;">1+7</span></li> </ul>	
Produits laitier	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage bio <span style="float: right;">7</span></li> </ul>				<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage fermier <span style="float: right;"> 7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Yaourt nature <span style="float: right;">7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage blanc <span style="float: right;">7</span></li> </ul>	
Desserts	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Crème brûlée <span style="float: right;">3+7</span></li> <li><span style="color: green;">*</span> Orange <span style="float: right;">1+3+7</span></li> <li><span style="color: yellow;">*</span> <span style="color: purple;">*</span> Tarte pommes <span style="float: right;">1+3+7</span></li> </ul>				<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Pomme bio <span style="float: right;">1+3+7</span></li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Mille feuilles <span style="float: right;">1+3+7</span></li> <li><span style="color: purple;">*</span> <span style="color: green;">*</span> Compote pêche <span style="float: right;">1+3+7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Crème chocolat <span style="float: right;">7</span></li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Ile flottante <span style="float: right;">3+7</span></li> <li><span style="color: green;">*</span> Kiwi</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Chocolat Liégeois <span style="float: right;">7</span></li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Donut's <span style="float: right;">1+3+7</span></li> <li><span style="color: green;">*</span> Pomme bio</li> </ul>	



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

*Semaine du 16 décembre au 20 décembre 2024*

## *SOUPER*

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	Lundi 16		Mardi 17		Mercredi 18		Jeudi 19	
Entrée	<span style="color: green;">*</span> Betteraves rouges	10+12	<span style="color: green;">*</span> Salade verte	10+12			<span style="color: red;">*</span> <span style="color: orange;">*</span> Thon mayonnaise	3+4+10 +12
Plat principal	<span style="color: red;">*</span> Paupiette <span style="color: green;">*</span> <span style="color: blue;">*</span> Poêlée de légumes		<span style="color: brown;">*</span> <span style="color: red;">*</span> <span style="color: green;">*</span> Choucroute	12	<p style="text-align: center;"><b>SOIREE DES INTERNES</b></p>		<span style="color: red;">*</span> <span style="color: brown;">*</span> Raviolis au gratin et gruyère <span style="color: green;">*</span> Salade verte	1+3+7  10+12
Laitage	<span style="color: blue;">*</span> Fromage bio	7	<span style="color: blue;">*</span> Yaourt nature	7			<span style="color: blue;">*</span> Fromage bleu bio	7
Dessert	<span style="color: blue;">*</span> <span style="color: purple;">*</span> Yaourt aux fruits bio	7	<span style="color: green;">*</span> Banane				<span style="color: green;">*</span> Clémentine	



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