




*Semaine du 06 Janvier 2025 au 10 Janvier 2025*

## DEJEUNER

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

	Lundi 06		Mardi 07		Mercredi 08		Jeudi 09		Vendredi 10	
Entrées	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> Coquillettes surprise</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Œufs mayonnaise</li> <li><span style="color: orange;">*</span> Salade de lentilles</li> </ul>	1+3+10+ 12 3+10+12 10+12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Concombres /crème</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Quiche lorraine</li> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Endives au bleu</li> </ul>	7 1+3+7 +12 7+10+12	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Acras de morue citron</li> <li><span style="color: green;">*</span> Carottes râpées</li> <li><span style="color: green;">*</span> Salade verte</li> </ul>	1+3+4+7  10+12 10+12	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> <span style="color: red;">*</span> <span style="color: green;">*</span> Riz composée</li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Friand fromage</li> <li><span style="color: green;">*</span> Coleslaw</li> </ul>	10+12 1+3+7 3+7+10 +12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> <span style="color: yellow;">*</span> Radis/beurre</li> <li><span style="color: orange;">*</span> Taboulé menthe</li> <li><span style="color: red;">*</span> Saucisson beurre</li> </ul>	7 1+3+10+ 12 7+12
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Saumon meunière</li> <li><span style="color: orange;">*</span> Riz pilaf</li> <li><span style="color: green;">*</span> Chou fleur braisé</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Bœuf bourguignon</li> <li><span style="color: orange;">*</span> <span style="color: blue;">*</span> Purée maison</li> <li><span style="color: green;">*</span> Champignons sautés</li> </ul>	 7	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> Nugget's de blé</li> <li><span style="color: orange;">*</span> Lentilles à la tomate</li> </ul>	1+3 	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Escalope de porc aux petits oignons</li> <li><span style="color: orange;">*</span> Haricots blancs à la tomate</li> <li><span style="color: green;">*</span> Céleri frais braisé</li> </ul>	9	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Cuisse de poulet rôti</li> <li><span style="color: orange;">*</span> Spaghetti au beurre</li> <li><span style="color: green;">*</span> Chou de Bruxelles persillés</li> </ul>	 1+3+7
Produits laitier	<span style="color: blue;">*</span> Fromage bio	7	<span style="color: blue;">*</span> Fromage blanc	7	<span style="color: blue;">*</span> Yaourt nature	7	<span style="color: blue;">*</span> Fromage bio fermier	7	<span style="color: blue;">*</span> <span style="color: purple;">*</span> Yaourt aux fruits	7
Desserts	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Flan vanille</li> <li><span style="color: green;">*</span> Pomme bio</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Galette des rois</li> </ul>	3+7  1+3+7+8	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Mousse citron</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Donut's</li> <li><span style="color: green;">*</span> Poire</li> </ul>	7 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Orange sanguine</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Flan pâtissier</li> <li><span style="color: purple;">*</span> Compote pommes</li> </ul>	1+3+ 7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Liégeois chocolat</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Crème brûlée</li> <li><span style="color: green;">*</span> Clémentine</li> </ul>	7 3+7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Glace</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Gâteau basque</li> <li><span style="color: green;">*</span> Banane</li> </ul>	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 02**

*Semaine du 06 Janvier au 10 Janvier 2025*

## **SOUPER**

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

	Lundi 06		Mardi 07		Mercredi 08		Jeudi 09	
<b>Entrée</b>	<span style="color: green;">*</span> Pomelos		<span style="color: green;">*</span> Soupe de potimarron		<span style="color: red;">*</span> <span style="color: orange;">*</span> Crêpe au jambon	1+3+7 +12	<span style="color: green;">*</span> Chou fleur vinaigrette	10+12
<b>Plat principal</b>	<span style="color: red;">*</span> Paupiette de veau sauce au poivre <span style="color: green;">*</span> Petits pois lardons	12	<span style="color: red;">*</span> Chipo-Merguez <span style="color: green;">*</span> Haricots verts		<span style="color: red;">*</span> Brochette Orientale <span style="color: orange;">*</span> Frites		<span style="color: red;">*</span> Encornets à l'américaine <span style="color: orange;">*</span> Céréales gourmandes	4  1+3
<b>Laitage</b>	<span style="color: blue;">*</span> Fromage bio	7	<span style="color: blue;">*</span> Yaourt à la Grecque	7	<span style="color: blue;">*</span> Yaourt fermier	 7	<span style="color: blue;">*</span> Fromage Blanc	7
<b>Dessert</b>	<span style="color: purple;">*</span> <span style="color: blue;">*</span> Chou chantilly	1+3+7	<span style="color: green;">*</span> Mandarine		<span style="color: purple;">*</span> <span style="color: green;">*</span> Cocktail de fruits		<span style="color: purple;">*</span> <span style="color: orange;">*</span> Paris Brest	1+3+7



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