





*Semaine du 10 février 2025 au 14 février 2025*

## DEJEUNER

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

	Lundi 10		Mardi 11		Mercredi 12		Jeudi 13		Vendredi 14	
Entrées	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Salade d'hiver/gésiers</li> <li><span style="color: red;">*</span> Saucisse sèche/beurre</li> <li><span style="color: blue;">*</span> <span style="color: green;">*</span> Concombre/crème</li> </ul>	10+12 7+12 7	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> <span style="color: red;">*</span> <span style="color: green;">*</span> Riz garni</li> <li><span style="color: yellow;">*</span> Quiche lorraine</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Thon mayonnaise</li> </ul>	4+10+12 1+3+7 3+4+10 +12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Poireaux vinaigrette</li> <li><span style="color: orange;">*</span> Haricots rouges</li> <li>Sojas et citron</li> <li><span style="color: green;">*</span> Salade d'endives</li> </ul>	10+12 6 10+12	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Jambon blanc/beurre</li> <li><span style="color: orange;">*</span> Coquillettes</li> <li>à la ciboulette</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Salami Danois</li> </ul>	7+12 10+12 12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Carottes râpées</li> <li><span style="color: red;">*</span> <span style="color: green;">*</span> Batavia aux oeufs</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Charcuterie</li> </ul>	10+12 3+10+12 12
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Saucisse grillée</li> <li><span style="color: green;">*</span> Petits pois lardons</li> <li><span style="color: green;">*</span> Champignons blancs persillée</li> </ul>	12	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Goulash</li> <li><span style="color: orange;">*</span> Tagliatelles au beurre</li> <li><span style="color: blue;">*</span> <span style="color: green;">*</span> Endives Béchamel</li> </ul>	7 1+3+7 1+7	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> <span style="color: green;">*</span> Lentilles bio et carottes</li> <li><span style="color: green;">*</span> Gratin de courgettes</li> </ul>	 7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Filet de merlu</li> <li>Sauce meunière</li> <li><span style="color: orange;">*</span> Riz madras</li> <li><span style="color: green;">*</span> Chou fleur braisé</li> </ul>	4+7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Paupiette de veau sauce moutarde</li> <li><span style="color: orange;">*</span> <span style="color: yellow;">*</span> Frites</li> <li><span style="color: green;">*</span> Cœur de céleri</li> </ul>	10 9
Produits laitier	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage fermier bio</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Yaourt nature</li> </ul>	 7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Fromage fermier</li> </ul>	 7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage bio</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage blanc</li> </ul>	7
Desserts	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Ile flottante</li> <li><span style="color: green;">*</span> Clémentine</li> <li><span style="color: purple;">*</span> <span style="color: green;">*</span> Cocktail de fruits</li> </ul>	3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Flan chocolat</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Tarte Alsacienne</li> <li><span style="color: green;">*</span> Banane</li> </ul>	3+7 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Ananas</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Flamby</li> <li><span style="color: purple;">*</span> <span style="color: orange;">*</span> Gâteau de semoule</li> </ul>	3+7 1+3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Paris/Brest</li> <li><span style="color: green;">*</span> <span style="color: purple;">*</span> Compote à boire</li> <li><span style="color: green;">*</span> Orange</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Beignet chocolat</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Crème caramel</li> <li><span style="color: green;">*</span> Pomme bio</li> </ul>	1+3+7 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

*Semaine du 03 Février au 07 Février 2025*

## **SOUPER**

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

	Lundi 03		Mardi 04		Mercredi 05		Jeudi 06	
<b>Entrée</b>	<span style="color: green;">*</span> <span style="color: red;">*</span> <span style="color: orange;">*</span> Salade composée 3+10+12		<span style="color: green;">*</span> <span style="color: orange;">*</span> Potage de légumes		<span style="color: yellow;">*</span> <span style="color: red;">*</span> Jambon cru		<span style="color: yellow;">*</span> <span style="color: blue;">*</span> Pizza 1+3+7	
<b>Plat principal</b>	<span style="color: red;">*</span> Encornets à l'américaine <span style="color: orange;">*</span> Semoule 4+7+12  1+3		<span style="color: red;">*</span> Poulet rôti <span style="color: orange;">*</span> Purée  7		<span style="color: red;">*</span> Raviolle/ricotta <span style="color: green;">*</span> Salade verte 1+3+7  10+12		<span style="color: red;">*</span> Steak haché <span style="color: green;">*</span> Haricots verts	
<b>Laitage</b>	<span style="color: blue;">*</span> Fromage Bio  7		<span style="color: blue;">*</span> Fromage blanc 7		<span style="color: blue;">*</span> Fromage fermier  7		<span style="color: blue;">*</span> Yaourt nature 7	
<b>Dessert</b>	<span style="color: yellow;">*</span> <span style="color: purple;">*</span> Tropicane 1+3+7		<span style="color: green;">*</span> <span style="color: purple;">*</span> Poire au chocolat		<span style="color: green;">*</span> Fruit		<span style="color: green;">*</span> Banane	



Bio



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