



Semaine du 09 Mars 2026 au 13 Mars 2026

## DEJEUNER

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

	Lundi 09		Mardi 10		Mercredi 11		Jeudi 12		Vendredi 13	
Entrées	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: orange;">●</span> Pâté de campagne <span style="float: right;">12</span></li> <li><span style="color: green;">●</span> Carottes râpées <span style="float: right;">10+12</span></li> <li><span style="color: blue;">●</span> <span style="color: orange;">●</span> Feuilleté Emmental <span style="float: right;">1+3+7</span></li> </ul>		<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: green;">●</span> Chou fleur <span style="float: right;">10+12</span></li> <li>Concombre et tomates <span style="float: right;">1+3+7</span></li> <li><span style="color: green;">●</span> Farçou</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: orange;">●</span> Œufs mayonnaise <span style="float: right;">3+10+12</span></li> <li><span style="color: orange;">●</span> <span style="color: blue;">●</span> Grillage au chèvre <span style="float: right;">1+3+7</span></li> <li><span style="color: red;">●</span> Salade de Penne regatta <span style="float: right;">1+3+10+12</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Salade feuille de chêne <span style="float: right;">10+12</span></li> <li><span style="color: red;">●</span> <span style="color: red;">●</span> Lentilles/knacki <span style="float: right;">10+12</span></li> <li><span style="color: red;">●</span> <span style="color: orange;">●</span> Saucisse sèche et beurre <span style="float: right;">7 + 12</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: orange;">●</span> Quiche Lorraine <span style="float: right;">1+3+7</span></li> <li><span style="color: red;">●</span> Moules marinière <span style="float: right;">14</span></li> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Salade Mexicaine <span style="float: right;">10+12</span></li> </ul>	
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Steak haché <span style="float: right;">7</span></li> <li>Sauce roquefort</li> <li><span style="color: red;">●</span> Semoule <span style="float: right;">1</span></li> <li>et ses petits légumes</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Lasagnes occitane <span style="float: right;">1+3+7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Chou farci à la châtaigne</li> <li><span style="color: red;">●</span> <span style="color: orange;">●</span> Frites</li> <li><span style="color: green;">●</span> Salsifis braisés</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Poisson sauce crustacés <span style="float: right;">2+4+7</span></li> <li><span style="color: red;">●</span> Riz cantonnais</li> <li><span style="color: green;">●</span> Courgettes gratinées <span style="float: right;">7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Escalope de dinde viennoise <span style="float: right;">1+3</span></li> <li><span style="color: red;">●</span> Macaroni au beurre <span style="float: right;">7</span></li> <li><span style="color: green;">●</span> Gratin potimarron <span style="float: right;">7</span></li> </ul>	
Produits laitier	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Fromage fermier 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: purple;">●</span> <span style="color: pink;">●</span> Fromage blanc <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 Bio <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> Flan <span style="float: right;">3+7</span></li> <li><span style="color: green;">●</span> Fruit</li> <li><span style="color: purple;">●</span> <span style="color: orange;">●</span> Donut's <span style="float: right;">1+3+7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Flan pistache <span style="float: right;">3+7</span></li> <li><span style="color: purple;">●</span> <span style="color: orange;">●</span> Clafoutis aux abricots <span style="float: right;">1+ 3+7</span></li> <li><span style="color: green;">●</span> Fruit</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Fruit</li> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Crème dessert <span style="float: right;">3+7</span></li> <li><span style="color: purple;">●</span> <span style="color: orange;">●</span> Flan pâtissier <span style="float: right;">1+ 3+7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: orange;">●</span> Tarte aux pommes <span style="float: right;">1+3+7</span></li> <li><span style="color: green;">●</span> Ananas au sirop bigarreaux</li> <li><span style="color: green;">●</span> Fruit</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: green;">●</span> Compote à boire <span style="float: right;">7</span></li> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Liégeois</li> <li><span style="color: green;">●</span> Fruit</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

Nicolas MIALON

L'adjointe gestionnaire,



L'Agent  
Comptable

Isabelle GAUTHIER

Semaine du 09 Mars au 13 Mars 2026

## SOUPER

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	Lundi 09 Menu Régional		Mardi 10		Mercredi 11		Jeudi 12	
Entrée	<span style="color: green;">●</span> Coquille St Jacques à la bretonne	10+12	<span style="color: green;">●</span> Poireaux vinaigrette	10+12	<span style="color: yellow;">●</span> <span style="color: red;">●</span> Crêpe au jambon	1+3+12	<span style="color: yellow;">●</span> <span style="color: red;">●</span> Panier emmental	1+3+7 +12
Plat principal	<span style="color: red;">●</span> Joue de porc au cidre <span style="color: green;">●</span> Chou-fleur braisé		<span style="color: red;">●</span> Colin d'Alaska citron <span style="color: red;">●</span> <span style="color: green;">●</span> Jardinière de légumes	4	<span style="color: red;">●</span> <span style="color: red;">●</span> Chili con carné <span style="color: green;">●</span> Salade verte	10+12	<span style="color: red;">●</span> Nugget's de poulet <span style="color: red;">●</span> Pomme rissolées	1+3 10+12
Laitage	<span style="color: blue;">●</span> St Paulin bio	7	<span style="color: blue;">●</span> Fromage bio	 7	<span style="color: blue;">●</span> Fromage fermier	 7	<span style="color: blue;">●</span> Yaourt nature	7
Dessert	<span style="color: yellow;">●</span> <span style="color: pink;">●</span> Crêpe au caramel beurre salé	1+3+7	<span style="color: green;">●</span> Fruit		<span style="color: green;">●</span> Fruit		<span style="color: purple;">●</span> <span style="color: blue;">●</span> Glace	1+3+7



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