





*Semaine du 16 Mars 2026 au 20 Mars 2026*

## 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: red;">●</span> <span style="color: green;">●</span> Œufs durs/tomates</li> <li><span style="color: red;">●</span> Jambon blanc/beurre</li> <li><span style="color: blue;">●</span> <span style="color: red;">●</span> Coquillettes et dés de fromage</li> </ul>	3+10+12 7+12 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Salade verte</li> <li><span style="color: red;">●</span> Lentilles/tomates et persil vinaigrette</li> <li><span style="color: green;">●</span> Champignons à la Grecque</li> </ul>	10+12 10+12 10	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Thon aux oignons et raisins secs</li> <li><span style="color: yellow;">●</span> <span style="color: red;">●</span> Salami Danois</li> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Salade Niçoise</li> </ul>	4  12 3+10+12	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Salade riz</li> <li><span style="color: yellow;">●</span> Quiche lorraine</li> <li><span style="color: red;">●</span> <span style="color: yellow;">●</span> Jambon cru beurre</li> </ul>	10+12 1+3+7 7 + 12	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Feuilleté du Pêcheur</li> <li><span style="color: green;">●</span> Carottes râpées</li> <li><span style="color: red;">●</span> Taboulé</li> </ul>	7 10+12 1+10+12
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> escalope de dinde</li> <li><span style="color: red;">●</span> Riz pilaf</li> <li><span style="color: green;">●</span> Gratin de courgettes</li> </ul>	2+4+7  7	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Spaghetti au beurre</li> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Curry de chou fleur et pois chiches</li> </ul>	1+3	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Saucisse Grillée</li> <li><span style="color: green;">●</span> <span style="color: red;">●</span> Aligot</li> <li><span style="color: green;">●</span> Céleri à la tomate</li> </ul>	10 9	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> Blanquette de veau maison</li> <li><span style="color: red;">●</span> Frites</li> <li><span style="color: green;">●</span> Carottes au jus</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">●</span> <span style="color: yellow;">●</span> Tempura de Colin Citron</li> <li><span style="color: red;">●</span> <span style="color: green;">●</span> Poêlée bretonne</li> <li><span style="color: green;">●</span> Chou de Bruxelles</li> </ul>	1+3+7  12
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> Fromage bio</li> </ul>	 7	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> <span style="color: purple;">●</span> Fromage blanc</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Yaourt nature</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Fromage Bio</li> </ul>	 7
Desserts	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Panna cota</li> <li><span style="color: green;">●</span> Ananas</li> <li><span style="color: purple;">●</span> <span style="color: yellow;">●</span> Gateau Basque</li> </ul>	7  1+3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: green;">●</span> Pêche au sirop</li> <li><span style="color: purple;">●</span> <span style="color: yellow;">●</span> Chou chantilly</li> <li><span style="color: green;">●</span> Banane</li> </ul>	1+ 3+7	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Kiwi</li> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Ile flottante</li> <li><span style="color: purple;">●</span> <span style="color: yellow;">●</span> Tropézienne</li> </ul>	3+7 1+ 3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: yellow;">●</span> Donut's</li> <li><span style="color: green;">●</span> Poire</li> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Flan au chocolat</li> </ul>	1+3+7  3+7	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <span style="color: yellow;">●</span> Sunday's</li> <li><span style="color: purple;">●</span> <span style="color: blue;">●</span> Crème chocolat</li> <li><span style="color: green;">●</span> Pomme</li> </ul>	7+8 7



Bio



Local

Produits SIQO

**1 à 14** Allergènes

**LES MENUS RESPECTENT LE PLAN ALIMENTAIRE REGIONAL**

Le Proviseur,

Nicolas MIALON

**TOUTES NOS VIANDES ET CHARCUTERIES SONT D'ORIGINE FRANCAISE**

L'adjointe gestionnaire,

Isabelle GAUTHIER




# Lycée Jean-Antoine CHAPTAL - MENDE

SEMAINE 12

Semaine du 16 Mars au 20 Mars 2026

## SOUPER

● produits laitiers 
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	Lundi 16		Mardi 17		Mercredi 18		Jeudi 19	
Entrée	<span style="color: green;">●</span> <span style="color: red;">●</span> Macédoine/oeufs	3+10+12	<span style="color: yellow;">●</span> <span style="color: blue;">●</span> Pizza	1+3+7	<span style="color: green;">●</span> <span style="color: red;">●</span> <span style="color: blue;">●</span> Salade de gésiers aux croutons	1+10+12	<span style="color: yellow;">●</span> <span style="color: red;">●</span> Charcuterie	12
Plat principal	<span style="color: red;">●</span> cordon bleu <span style="color: red;">●</span> <span style="color: blue;">●</span> Gratin dauphinois Ou <span style="color: green;">●</span> Brocolis au jus	1+3+7  7	<span style="color: red;">●</span> <span style="color: red;">●</span> <span style="color: green;">●</span> Navarin printanier <span style="color: red;">●</span> Petits légumes	1	<span style="color: red;">●</span> Dos de Colin à la provençale <span style="color: green;">●</span> Tagliatelles et légumes	1+3	<span style="color: red;">●</span> Paupiette de poisson sauce hollandaise <span style="color: green;">●</span> Petits pois <span style="color: red;">●</span> Ou Riz créole	7
Laitage	<span style="color: blue;">●</span> Fromage bio	 7	<span style="color: blue;">●</span> Yaourt fermier	 7	<span style="color: blue;">●</span> Fromage blanc	7	<span style="color: blue;">●</span> Fromage bio	 7
Dessert	<span style="color: green;">●</span> <span style="color: purple;">●</span> Compote à boire		<span style="color: green;">●</span> Orange		<span style="color: purple;">●</span> <span style="color: yellow;">●</span> Tropicane	1+3+7	<span style="color: purple;">●</span> <span style="color: yellow;">●</span> Eclair	1+3+7



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 Le Proviseur,  
 \* Proviseur \*  
 Nicolas MIALON

  
 L'adjointe gestionnaire,  
 L'Agent  
 Comptable  
 Isabelle GAUTHIER