



# Lycée Jean-Antoine CHAPTAL - MENDE

SEMAINE 16

Semaine du 13 au 17 Avril 2026.

## DEJEUNER

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

	Lundi 13		Mardi 14		Mercredi 15		Jeudi 16		Vendredi 17	
Entrées	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Betteraves/œufs et mâches</li> <li><span style="color: pink;">●</span> Saucisson sec</li> <li><span style="color: purple;">●</span> Riz/thon/œufs</li> </ul>	3+10+12  12 3+4+10 +12	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Gaspacho tomates</li> <li><span style="color: blue;">●</span> Pizza fromage</li> <li><span style="color: green;">●</span> Salade de haricots beurre</li> </ul>	12 1+3+7 10+12	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Sardine au vinaigre de cidre</li> <li><span style="color: green;">●</span> Radis/beurre</li> <li>Pâté en croûte</li> </ul>	4+10  7 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Carottes râpées</li> <li><span style="color: purple;">●</span> Salade de lentilles</li> <li><span style="color: purple;">●</span> Taboulé du soleil</li> </ul>	10+12 10+12 1+10+12	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Pâté de foie cornichon</li> <li><span style="color: pink;">●</span> Salami danois</li> <li><span style="color: green;">●</span> Salade à l'échalote</li> </ul>	12  12 10+12
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Paëlla garnie</li> <li><span style="color: green;">●</span> Aubergines grillées</li> </ul>	2+14	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Saucisse grillée</li> <li><span style="color: purple;">●</span> Purée maison</li> <li><span style="color: green;">●</span> Poêlée de légumes</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Steak haché sauce au poivre</li> <li><span style="color: green;">●</span> Gratin de chou fleur</li> </ul>	7  7	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> Macaroni à la bolognaise de lentilles</li> <li><span style="color: green;">●</span> Endives en gratin</li> </ul>	1+3  7	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Fish and chips</li> <li><span style="color: purple;">●</span> Frites</li> <li><span style="color: green;">●</span> Carottes vichy</li> </ul>	1+3+4  7
Produits laitier	<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	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Yaourt nature Bio</li> </ul>	7	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Fromage fermier</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: green;">●</span> Cerises</li> <li><span style="color: pink;">●</span> Petit suisse aux fruits</li> <li><span style="color: purple;">●</span> Mousse chocolat</li> </ul>	7 3+7	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Fondant 3 chocolat</li> <li><span style="color: pink;">●</span> Beignet chocolat</li> <li><span style="color: green;">●</span> Banane</li> </ul>	1+ 3+7 1+ 3+7	<ul style="list-style-type: none"> <li><span style="color: green;">●</span> Ananas</li> <li><span style="color: pink;">●</span> Chausson pommes</li> <li><span style="color: purple;">●</span> Pana cotta</li> </ul>	1+ 3+7 7	<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> Riz au lait</li> <li><span style="color: pink;">●</span> Fraises au sucre</li> <li><span style="color: pink;">●</span> Mille feuille</li> </ul>	7  1+3+7	<ul style="list-style-type: none"> <li><span style="color: pink;">●</span> Glace</li> <li><span style="color: purple;">●</span> Liégeois caramel</li> <li><span style="color: green;">●</span> Pomme Bio</li> </ul>	1+3+7 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,

Nicolas MIALON

Resp. Rest  
*Sturcesu*



L'adjointe gestionnaire,

Isabelle GAUTHIER

Semaine du 13 au 17 Avril 2026

## SOUPER

● produits laitiers 
 ● protéines 
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 ● sucres

	Lundi 13		Mardi 14		Mercredi 15		Jeudi 16	
Entrée	<ul style="list-style-type: none"> <li>● Asperges vinaigrette</li> </ul>	10+12	<ul style="list-style-type: none"> <li>● Friand emmental</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li>● Œuf mayonnaise</li> </ul>	3+10+12	<ul style="list-style-type: none"> <li>● Pizza et salade verte</li> </ul>	1+3+7+ 10+12
Plat principal	<ul style="list-style-type: none"> <li>● Escalope viennoise</li> <li>● Gratin de courgettes</li> </ul>	1+3 7	<ul style="list-style-type: none"> <li>● Tagliatelles à la carbonara</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li>● Dos de colin sauce crevettes</li> <li>● Riz</li> </ul>	4+14	<ul style="list-style-type: none"> <li>● Cuisse de lapin à la moutarde</li> <li>● Champignons sautés</li> <li>● Haricots verts</li> </ul>	10
Laitage	<ul style="list-style-type: none"> <li>● Yaourt fermier</li> </ul>	 7	<ul style="list-style-type: none"> <li>● Yaourt à la grecque</li> </ul>	7	<ul style="list-style-type: none"> <li>● Fromage fermier bio</li> </ul>	 7	<ul style="list-style-type: none"> <li>● Fromage fermier</li> </ul>	SIQO7
Dessert	<ul style="list-style-type: none"> <li>● Eclair</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li>● Kiwi</li> </ul>		<ul style="list-style-type: none"> <li>● Beignet chocolat</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li>● Banane</li> </ul>	



Bio



Local

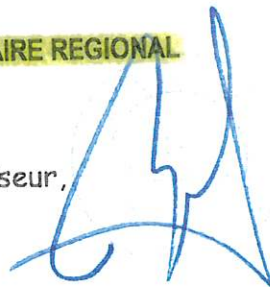
Produits SIQO

1 à 14 Allergènes

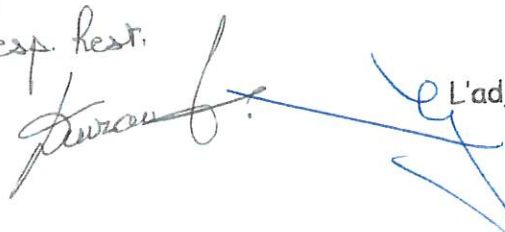
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