

*Semaine du 18 Mars 2024 au 22 Mars 2024*

## DEJEUNER

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

	Lundi 18		Mardi 19		Mercredi 20		Jeudi 21		Vendredi 22	
Entrées	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Carottes râpées</li> <li><span style="color: green;">*</span> Betteraves/maïs</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Jambon cru/beurre</li> </ul>	10+12 10+12 7+12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Poireaux vinaigrette</li> <li><span style="color: orange;">*</span> Coquillettes en salade</li> <li><span style="color: orange;">*</span> Taboulé citron</li> </ul>	10+12 1+10+12 1+10+12	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Salade de brocolis et noix de cajou</li> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Œuf mayonnaise</li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Feuilleté chèvre</li> </ul>	8+10 +12 3+10+12 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Salade de mâche/croutons</li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Friand au fromage</li> <li><span style="color: green;">*</span> Carottes râpées</li> </ul>	1+10+12 1+3+7 10+12	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> <span style="color: yellow;">*</span> Pâté de campagne</li> <li><span style="color: green;">*</span> Céleri rémoulade</li> <li><span style="color: red;">*</span> Saucisse sèche</li> </ul>	12 3+10 +12 10+12
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Escalope de dinde panée</li> <li><span style="color: green;">*</span> Petits pois/carottes</li> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Salsifis béchamel</li> </ul>	1+3  7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Encornets à l'américaine</li> <li><span style="color: orange;">*</span> Pomme vapeur</li> <li><span style="color: green;">*</span> Haricots verts à l'ail</li> </ul>	4+7  7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> <span style="color: orange;">*</span> Lasagne maison</li> <li><span style="color: green;">*</span> Chou de Bruxelles</li> </ul>	1+3 7	<ul style="list-style-type: none"> <li><span style="color: orange;">*</span> Riz aux deux lentilles</li> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Epinards au bleu</li> </ul>	1+7 7	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Roti de porc</li> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Gratin de chou fleur</li> <li><span style="color: green;">*</span> Carottes à la crème</li> </ul>	7 7
Produits laitier	<span style="color: blue;">*</span> Yaourt aux fruits	7	<span style="color: blue;">*</span> Bleu d'auvergne	7	<span style="color: blue;">*</span> Comté	7	<span style="color: blue;">*</span> Fromage blanc	7	<span style="color: blue;">*</span> Chanteneige	7
Desserts	<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> Yaourt/lit confiture</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Mousse chocolat et biscuits</li> </ul>	7 1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Banane</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Chausson pomme</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Crème anglaise</li> </ul>	1+3+7 3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Clémentine</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Crêpe au sucre</li> <li><span style="color: green;">*</span> <span style="color: purple;">*</span> Cocktail de fruits</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> <span style="color: purple;">*</span> Ananas au sirop</li> <li><span style="color: green;">*</span> Kiwi</li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Tarte aux pommes</li> </ul>	1+3+7	<ul style="list-style-type: none"> <li><span style="color: yellow;">*</span> <span style="color: purple;">*</span> Barre glacée mars</li> <li><span style="color: green;">*</span> Orange</li> <li><span style="color: purple;">*</span> <span style="color: green;">*</span> Compote pommes et banane</li> </ul>	3+7+6



Bio



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Produits SIQO

1 à 14 Allergènes

**LES MENUS RESPECTENT LE PLAN ALIMENTAIRE REGIONAL – LES MENUS VEGETARIENS SONT REALISES SELON LES PRESCRIPTIONS DE LA LOI EGALIM DU 30/10/2018**

Le Proviseur,

L'adjointe gestionnaire,

Nicolas MIALON

Isabelle GAUTHIER

*Semaine du 18 Mars au 22 Mars 2024*

## ***SOUPER***

\* produits laitiers 
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	Lundi 18		Mardi 19		Mercredi 20		Jeudi 21	
<b>Entrée</b>	<span style="color: red;">*</span> Assiette de crevette 2		<span style="color: green;">*</span> Betteraves et maïs 10+12		<span style="color: green;">*</span> Champignons à la Grecque 12		<span style="color: yellow;">*</span> Croque monsieur 1+3+7+12	
<b>Plat principal</b>	<span style="color: red;">*</span> Beignet de calamar <span style="color: green;">*</span> <span style="color: blue;">*</span> Brocolis à la crème 1+3+4 7		<span style="color: red;">*</span> Brochette de dinde sauce abricot <span style="color: orange;">*</span> Lentilles cuisinées 7+10 		<span style="color: red;">*</span> Chipolatas <span style="color: green;">*</span> <span style="color: orange;">*</span> Poêlée campagnarde 5		<span style="color: red;">*</span> Bœuf provençal <span style="color: orange;">*</span> Penne 1	
<b>Laitage</b>	<span style="color: blue;">*</span> Rondelé nature 7		<span style="color: blue;">*</span> Yaourt à la fraise 7		<span style="color: blue;">*</span> Comté 7		<span style="color: blue;">*</span> Faisselle au sucre 7	
<b>Dessert</b>	<span style="color: yellow;">*</span> <span style="color: purple;">*</span> Crêpe au chocolat 1+3+7		<span style="color: green;">*</span> <span style="color: purple;">*</span> Compote de pommes		<span style="color: blue;">*</span> <span style="color: purple;">*</span> Crème au chocolat 3+7		<span style="color: green;">*</span> Banane	



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