# AFFICHAGE DES ALLERGENES PRÉSENTS VOLONTAIREMENT DANS LES MENUS

| mille et un repas | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du lundi 1 septembre 2025** | | | | | | | | | | | | | |
| Concombre tzatziki (sauce yaourt, herbes, ail, citron, huile d'olive) | | X | X | | | | | | X | | X | | X |
| Champignons frais ciboulette | | X | X | | | | | | X | | X | | X |
| Betteraves | | X | X | | | | | | X | | X | | X |
| Curry de porc | X | X | X | | X | | X | | X | | X | | X |
| Curry de pois chiches au lait de coco | X | X | X | | X | | X | | X | | X | | X |
| Riz sauté | X | X | X | | X | | | | X | | X | | X |
| Carottes Vichy | X | X | X | | X | | | | X | | X | | X |
| Flan chocolat | X | X | X | | X | | | | | | | X | X |
| Glace | X | X | X | | X | | | X | | | | X | X |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |
| **Déjeuner du mardi 2 septembre 2025** | | | | | | | | | | | | | |
| Salade verte | X | X | X | | X | | | | X | | X | X | X |
| Tomate moutarde à l'ancienne | | X | X | | | | | | X | | X | | X |
| Melon | | | | | | | | | | | | | |
| Bolognaise au bœuf | X | X | X | | X | | | | X | | X | | X |
| Bolognaise aux lentilles | X | X | X | | X | | | | X | | X | | X |
| Penne | X | X | X | | X | | | | X | | X | | X |
| Pastèque | | | | | | | | | | | | | |
| Salade de fruits jaunes | | | | | | | | | | | | | X |
| Fromage blanc coulis caramel | X | X | X | | X | | | | | | | | X |
| **Déjeuner du mercredi 3 septembre 2025** | | | | | | | | | | | | | |
| Courgettes râpées | | X | X | | | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade de pomme de terre | X | X | X | X | X | X | X | | X | | X | X | X |
| Jambon braisé | X | X | X | | X | | | | X | | X | | X |
| Tortilla aux oignons | X | X | X | | X | | X | | X | | X | | X |
| Poêlée de légumes | X | X | X | | X | | | | X | | X | X | X |
| Pommes de terre sautées | X | X | X | | X | | | | X | | X | | X |
| Sauce au poivre | X | X | X | | X | | | | X | | X | | X |
| Clafoutis | X | X | X | | X | | | | | | | X | X |
| Smoothie fraise | X | X | X | | X | | | | | | | | X |
| Salade pomme prune | | | | | | | | | | | | | X |
| **Déjeuner du jeudi 4 septembre 2025** | | | | | | | | | | | | | |
| Haricots rouges vinaigrette | | X | X | | | | | | X | | X | | X |
| Salade de perles au surimi | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade zero gaspil | X | X | X | X | X | X | X | | X | | X | X | X |
| Filet de poisson pané | X | X | X | X | | X | | | X | | X | | X |
| Quenelle sauce tomate | X | X | X | X | X | X | | | X | | X | | X |
| Ratatouille | X | X | X | | X | | | | X | | X | | X |
| Boulgour façon pilaf | X | X | X | | X | | | | X | | X | | X |
| Crème dessert | X | X | X | | X | | | | | | | X | X |
| Moelleux au citron surprise du Chef | X | X | X | | X | | | | | | | X | X |
| Poire pochée à la vanille | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du vendredi 5 septembre 2025** | | | | | | | | | | | | | |
| Duo de pastèque tomate | | X | X | | | | | | X | | X | | X |
| Bâtonnets de carottes | | X | X | | | | | | X | | X | | X |
| Radis | | X | | | | | | | X | | X | | X |
| Émincé de poulet | X | X | X | | X | | X | | X | | X | | X |
| Filet de poisson sauce citron | X | X | X | X | | X | | | X | | X | | X |
| Semoule | X | X | X | | X | | | | X | | X | | X |
| Haricots verts | X | X | X | | X | | | | X | | X | | X |
| Sauce tomate basilic | X | X | X | | X | | | | X | | X | | X |
| Gâteau au chocolat | X | X | X | | X | | | | | | | X | X |
| Fruit de saison | | | | | | | | | | | | | |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |

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| mille et un repas | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du** | **lundi 8 septembre 2025** | | | | | | | | | | | | |
| Tomate à l'emmental | | X | X | | | | | | X | | X | | X |
| Émincé de chou blanc | | X | X | | X | | X | | X | | X | | X |
| Salade composée | X | X | X | X | X | X | X | | X | | X | X | X |
| Tajine de légumes et pois chiches | X | X | X | X | X | X | X | | X | | X | X | X |
| Tajine de poulet | X | X | X | X | X | X | X | | X | | X | X | X |
| Semoule | X | X | X | | X | | | | X | | X | | X |
| Légumes aux épices | X | X | X | X | X | X | X | | X | | X | X | X |
| Fromage blanc | | X | | | | | | | | | | | X |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |
| Ananas frais | | | | | | | | | | | | | |
| **Déjeuner du** | **mardi 9 septembre 2025** | | | | | | | | | | | | |
| Salade de pâtes | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade de haricots blancs au cumin | X | X | X | X | X | X | X | | X | | X | X | X |
| Radis beurre | | X | | | | | | | X | | | | X |
| Tortilla de légumes | X | X | X | | X | | X | | X | | X | | X |
| Filet de poisson meunière | X | X | X | X | | X | | | X | | X | | X |
| Courgettes et aubergines sautées | X | X | X | | X | | | | X | | X | | X |
| Riz pilaf | X | X | X | | X | | | | X | | X | | X |
| Crème au chocolat | X | X | X | | X | | | | | | | X | X |
| Salade de pastèque à la menthe | | | | | | | | | | | | | X |
| Salade pomme raisin | | | | | | | | | | | | | X |
| **Déjeuner du** | **mercredi 10 septembre 2025** | | | | | | | | | | | | |
| Houmous de pois chiche | X | X | X | | X | | X | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Terrine de campagne cornichon | X | X | X | | X | | | | X | | X | | X |
| Bœuf aux carottes | X | X | X | | X | | | | X | | X | | X |
| Cake légumes emmental | X | X | X | | X | | | | X | | X | | X |
| Courgettes sautées | X | X | X | | X | | | | X | | X | | X |
| Frites | | | | | | | | | | | | | |
| Gateau de semoule | X | X | X | | X | | | | | | | X | X |
| Melon | | | | | | | | | | | | | |
| Compote pomme sans sucre ajouté | | X | | | | | | | | | | | X |
| **Déjeuner du** | **jeudi 11 septembre 2025** | | | | | | | | | | | | |
| Riz niçois | X | X | X | X | X | X | X | | X | | X | X | X |
| Céleri rémoulade | | X | X | | | | | | X | | X | | X |
| Salade verte | X | X | X | | X | | X | | X | | X | X | X |
| Rôti de porc au jus | X | X | X | | X | | | | X | | X | | X |
| Œufs durs sauce aurore | X | X | X | | X | | X | | X | | X | | X |
| Tian de légumes | X | X | X | | X | | X | | X | | X | | X |
| Farfalles | X | X | X | | X | | | | X | | X | | X |
| Salade de fruits | | | | | | | | | | | | | X |
| Fruit de saison | | | | | | | | | | | | | |
| Crème dessert | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **vendredi 12 septembre 2025** | | | | | | | | | | | | |
| Découverte du Gaspacho | X | X | X | | X | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Concombres à la crème | | X | X | | | | | | X | | X | | X |
| Poisson sauce au curry | X | X | X | X | | X | X | | X | | X | | X |
| Merguez | X | X | X | | X | | | | X | | X | | X |
| Épinards | X | X | X | | X | | | | X | | X | | X |
| Gâteau au yaourt | X | X | X | | X | | | | X | | X | | X |
| Panna cotta coulis de fruits | X | X | X | | X | | | | | | | | X |
| Prune | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du** | **lundi 15 septembre 2025** | | | | | | | | | | | | |
| Crudités (salade verte, tomates, oignons) | X | X | X | X | X | X | X | | X | | X | X | X |
| Taboulé | X | X | X | X | X | X | X | | X | | X | X | X |
| Rillettes de sardine | X | X | X | X | | X | | | X | | X | | X |
| Donuts de poulet | X | X | X | | X | | | | X | | X | | X |
| Poisson à la grecque | X | X | X | X | | X | | | X | | X | | X |
| Découverte des Aubergines grillées | X | X | X | | X | | | | X | | X | | X |
| Pâtes | X | X | X | | X | | | | X | | X | | X |
| Flan au café | X | X | X | | X | | | | | | | X | X |
| Glace | X | X | X | | X | | | X | | | | X | X |
| Compote pomme abricot sans sucre ajouté | | X | | | | | | | | | | | X |
| **Déjeuner du** | **mardi 16 septembre 2025** | | | | | | | | | | | | |
| Concombre vinaigrette | | X | X | | | | | | X | | X | | X |
| Coleslaw | | X | X | | | | | | X | | X | | X |
| Salade de blé emmental | X | X | X | X | X | X | X | | X | | X | X | X |
| Filet de poisson à la menthe | X | X | X | X | | X | | | X | | X | | X |
| Galette aux légumes secs | X | X | X | | X | | X | | X | | X | X | X |
| Courgettes braisées | X | X | X | | X | | | | X | | X | | X |
| Riz | X | X | X | | X | | | | X | | X | | X |
| Crème aux œufs | X | X | X | | X | | | | | | | X | X |
| Brownie surprise du Chef | X | X | X | | X | | | X | | | | X | X |
| Nectarine | | | | | | | | | | | | | |
| **Déjeuner du** | **mercredi 17 septembre 2025** | | | | | | | | | | | | |
| Salade de pois chiches à la coriandre | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Macédoine de légumes | | X | X | | | | | | X | | X | | X |
| Sauté de dinde aux olives | X | X | X | | X | | X | | X | | X | X | X |
| Œufs durs gratinés sauce béchamel | X | X | X | | X | | X | | X | | X | | X |
| Ratatouille | X | X | X | | X | | | | X | | X | | X |
| Pommes rissolées | X | X | X | | | | | | X | | X | | X |
| Gateau coco | X | X | X | | X | | | | | | | X | X |
| Salade de fruits frais de saison | | | | | | | | | | | | | |
| Poire pochée à la vanille | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **jeudi 18 septembre 2025** | | | | | | | | | | | | |
| Découverte du Gaspacho | X | X | X | | X | | X | | X | | X | | X |
| Ensaladilla (thon, pommes de terre) | X | X | X | X | X | X | X | | X | | X | | X |
| Salade de Murcie | X | X | X | X | X | X | X | X | X | | X | X | X |
| Paëlla au poulet | X | X | X | X | X | X | X | | X | | X | | X |
| Paëlla au poisson | X | X | X | X | X | X | X | | X | | X | | X |
| Haricots plats | X | X | X | | X | | X | | X | | X | | X |
| Gâteau espagnol aux amandes | X | X | X | | X | | | X | | | | X | X |
| Crème catalane | X | X | X | | X | | | | | | | X | X |
| Torrijas (pain perdu) | X | X | X | | X | | | X | | | | X | X |
| **Déjeuner du** | **vendredi 19 septembre 2025** | | | | | | | | | | | | |
| Salade verte | X | X | X | | X | | | | X | | X | X | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Pomme de terre en salade | X | X | X | X | X | X | X | | X | | X | X | X |
| Sauté de bœuf à la tomate | X | X | X | | X | | | | X | | X | | X |
| Omelette aux herbes | X | X | X | | X | | X | | X | | X | | X |
| Lentilles | X | X | X | | X | | | | X | | X | | X |
| Brocolis sautés | X | X | X | | X | | | | X | | X | X | X |
| Panna cotta | X | X | X | | X | | | | | | | X | X |
| Salade pastèque / melon | | | | | | | | | | | | | |
| Mousse au chocolat | X | X | X | | X | | | | | | | | X |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du** | **lundi 22 septembre 2025** | | | | | | | | | | | | |
| Salade de haricots blancs | X | X | X | X | X | X | X | | X | | X | X | X |
| Piémontaise | X | X | X | | X | | | | X | | X | | X |
| Salade verte et maïs | X | X | X | | X | | X | | X | | X | X | X |
| Filet de poisson à l'armoricaine | X | X | X | X | | X | | | X | | X | | X |
| Œufs durs sauce aurore gratinés | X | X | X | | X | | X | | X | | X | | X |
| Ratatouille | X | X | X | | X | | | | X | | X | | X |
| Macaronis | X | X | X | | X | | | | X | | X | | X |
| Yaourt arôme | | X | | | | | | | | | | | X |
| Liégeois | X | X | X | | X | | | | | | | | X |
| Ile flottante | X | X | X | | | | | | | | | X | X |
| **Déjeuner du** | **mardi 23 septembre 2025** | | | | | | | | | | | | |
| Brocolis sauce cocktail | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade composée | X | X | X | X | X | X | X | | X | | X | X | X |
| Concombre vinaigrette | | X | X | | | | | | X | | X | | X |
| Haricots rouge façon rougail | X | X | X | | X | | X | | X | | X | | X |
| Rougail saucisse | X | X | X | | X | | X | | X | | X | | X |
| Riz | X | X | X | | X | | | | X | | X | | X |
| Poêlée de légumes | X | X | X | | X | | | | X | | X | X | X |
| Cake au chocolat | X | X | X | | X | | | | | | | X | X |
| Fruit de saison | | | | | | | | | | | | | |
| Raisins | | | | | | | | | | | | | |
| **Déjeuner du** | **mercredi 24 septembre 2025** | | | | | | | | | | | | |
| Cèleri vinaigrette | | X | X | | | | | | X | | X | | X |
| Taboulé | X | X | X | X | X | X | X | | X | | X | X | X |
| Céleri rémoulade | | X | X | | | | | | X | | X | | X |
| Côte de porc au jus | X | X | X | | X | | | | X | | X | | X |
| Pilons de poulet sauce barbecue | X | X | X | | X | | X | | X | | X | | X |
| Frites | | | | | | | | | | | | | |
| Chou fleur | X | X | X | | X | | | | X | | X | | X |
| Cookies | X | X | X | | X | | | X | | | | X | X |
| Dernière pastèque ! | | | | | | | | | | | | | |
| Prune | | | | | | | | | | | | | |
| **Déjeuner du** | **jeudi 25 septembre 2025** | | | | | | | | | | | | |
| Carottes râpées vinaigrette | | X | X | | | | | | X | | X | | X |
| Salade verte | X | X | X | | X | | X | | X | | X | X | X |
| Concombre féta | | X | X | | | | | | X | | X | | X |
| Sauté de bœuf à la moutarde | X | X | X | | X | | | | X | | X | | X |
| Tortilla aux légumes | X | X | X | | X | | X | | X | | X | | X |
| Haricots verts persillés | X | X | X | | X | | | | X | | X | | X |
| Céréales gourmandes (boulgour, blé, cœur de blé, avoine) | X | X | X | | X | | | | X | | X | | X |
| Fromage blanc | | X | | | | | | | | | | | X |
| Marbré | X | X | X | | X | | | | | | | X | X |
| Salade de fruits Zéro Gaspil' | | | | | | | | | | | | X | X |
| **Déjeuner du** | **vendredi 26 septembre 2025** | | | | | | | | | | | | |
| Radis à la croque au sel | | X | X | | | | | | X | | X | | X |
| Saucisson sec | X | X | X | | X | | | | X | | X | | X |
| Chou chinois | X | X | X | | X | | X | | X | | X | | X |
| Wings de poulet | X | X | X | | X | | X | | X | | X | | X |
| Galette de légumes secs | X | X | X | | X | | X | | X | | X | X | X |
| Pâtes | X | X | X | | X | | | | X | | X | | X |
| Julienne de légumes | X | X | X | | X | | | | X | | X | | X |
| Compote de pomme | | X | | | | | | | | | | | X |
| Fruit à croquer | | | | | | | | | | | | | |
| Clafoutis aux fruits | X | X | X | | X | | | | | | | X | X |

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| | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du lundi 29 septembre 2025** | | | | | | | | | | | | | |
| Tomate mimosa | X | X | X | X | X | X | X | | X | | X | X | X |
| Concombre sauce yaourt | | X | X | | | | | | X | | X | | X |
| Petits pois féta | X | X | X | X | X | X | X | | X | | X | | X |
| Chili con carne | X | X | X | | X | | X | | X | | X | | X |
| Chili aux lentilles | X | X | X | | X | | X | | X | | X | | X |
| Riz | X | X | X | | X | | | | X | | X | | X |
| Carottes au cumin | X | X | X | | X | | | | X | | X | | X |
| Flan vanille | X | X | X | | X | | | | | | | | X |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |
| Crème dessert chocolat | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du mardi 30 septembre 2025** | | | | | | | | | | | | | |
| Salade verte | X | X | X | | X | | | | X | | X | X | X |
| Soupe de radis rose au yaourt | X | X | X | X | X | X | X | | X | | X | | X |
| Celeri vinaigrette | | X | X | | | | | | X | | X | | X |
| Émincé de poulet à l'ancienne | X | X | X | | X | | | | X | | X | | X |
| Jambon sauce madère | X | X | X | | X | | | | X | | X | | X |
| Coquillettes | X | X | X | | X | | | | X | | X | | X |
| Brocolis | X | X | X | | X | | | | X | | X | X | X |
| Cake aux pépites de chocolat | X | X | X | | X | | | | | | | X | X |
| Fruits frais de saison | | | | | | | | | | | | | |
| Panna cotta caramel | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du mercredi 1 octobre 2025** | | | | | | | | | | | | | |
| Salade de riz | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade de haricots verts | X | X | X | X | X | X | X | | X | | X | X | X |
| Escalope de dinde et sa sauce au bleu | X | X | X | | X | | | | X | | X | | X |
| Œufs brouillés | X | X | X | | X | | X | | X | | X | | X |
| Tian de légumes | X | X | X | | X | | | | X | | X | | X |
| Frites | | | | | | | | | | | | | |
| Tiramisu | X | X | X | | X | | | | | | | X | X |
| Melon | | | | | | | | | | | | | |
| Salade pêche / abricot | | | | | | | | | | | | | X |
| **Déjeuner du jeudi 2 octobre 2025** | | | | | | | | | | | | | |
| Piémontaise | X | X | X | | X | | | | X | | X | | X |
| Taboulé à la menthe | X | X | X | X | X | X | X | | X | | X | X | X |
| Œuf mayonnaise | | X | X | | | | | | X | | X | | X |
| Filet de poisson à la crème de poivron | X | X | X | X | | X | | | X | | X | | X |
| Quenelles sauce blanche | X | X | X | X | X | X | | | X | | X | | X |
| Gratin de courgettes | X | X | X | | X | | | | X | | X | | X |
| Blé | X | X | X | | X | | | | X | | X | | X |
| Abricot au sirop | | | | | | | | | | | | | X |
| Gâteau au yaourt | X | X | X | | X | | | | | | | X | X |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |
| **Déjeuner du vendredi 3 octobre 2025** | | | | | | | | | | | | | |
| Rosette cornichon | X | X | X | | X | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Carottes aux agrumes | | X | X | | | | | | X | | X | | X |
| Poulet Yassa | X | X | X | X | X | X | X | | X | | X | | X |
| Nuggets de blé | X | X | X | | X | | | | X | | X | | X |
| Haricots verts | X | X | X | | X | | | | X | | X | | X |
| Pâtes | X | X | X | | X | | | | X | | X | | X |
| Œuf à la neige | X | X | X | | | | | | | | | X | X |
| Ananas frais | | | | | | | | | | | | | |
| Pêche chantilly | X | X | X | | X | | | | | | | X | X |

# AFFICHAGE DES ALLERGENES PRÉSENTS VOLONTAIREMENT DANS LES MENUS

| mille et un repas | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du** | **lundi 6 octobre 2025** | | | | | | | | | | | | |
| Taboulé | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade de pépinettes | X | X | X | X | X | X | X | | X | | X | X | X |
| Emince de fenouil | X | X | X | X | X | X | X | | X | | X | X | X |
| Œufs durs béchamel au fromage | X | X | X | | X | | X | | X | | X | | X |
| Paupiette de volaille | X | X | X | | X | | | | X | | X | | X |
| Épinards | X | X | X | | X | | | | X | | X | | X |
| Pâtes | X | X | X | | X | | | | X | | X | | X |
| Gâteau de semoule | X | X | X | | X | | | | | | | X | X |
| Raisin | | | | | | | | | | | | | |
| Poire pochée au chocolat | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **mardi 7 octobre 2025** | | | | | | | | | | | | |
| Courgettes râpées à la fêta | | X | X | | | | | | X | | X | | X |
| Radis beurre | | X | X | | | | | | X | | X | | X |
| Salade composée | X | X | X | X | X | X | X | | X | | X | X | X |
| Colombo de poisson | X | X | X | X | | X | X | | X | | X | | X |
| Colombo de porc | X | X | X | | X | | X | | X | | X | | X |
| Boulgour | X | X | X | | X | | | | X | | X | | X |
| Purée de cèleri | X | X | X | | X | | | | X | | X | | X |
| Cake aux fruits | X | X | X | | X | | | | | | | X | X |
| Fruit de saison | | | | | | | | | | | | | |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |
| **Déjeuner du** | **mercredi 8 octobre 2025** | | | | | | | | | | | | |
| Carottes à l'orange | | X | X | | | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| salami | X | X | X | | X | | | | X | | X | | X |
| Boulettes de bœuf à la tomate | X | X | X | | X | | | | X | | X | | X |
| Falafels fève pois chiche à la provençale | X | X | X | | X | | X | | X | | X | X | X |
| Pommes rissolées | X | X | X | | | | | | X | | X | | X |
| Haricots beurre | X | X | X | | X | | | | X | | X | | X |
| Pomme au four | X | X | X | | X | | | | | | | X | X |
| Dernier melon ! | | | | | | | | | | | | | |
| Flan pâtissier | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **jeudi 9 octobre 2025** | | | | | | | | | | | | |
| Pâté de campagne | X | X | X | | X | | | | X | | X | | X |
| Salade champêtre | X | X | X | X | X | X | X | | X | | X | X | X |
| Salade paysanne | X | X | X | X | X | X | X | | X | | X | X | X |
| Poulet à la paysanne | X | X | X | X | X | X | X | | X | | X | X | X |
| Poêlée campagnarde | X | X | X | X | X | X | X | | X | | X | X | X |
| Riz campagnard | X | X | X | | X | | | | X | | X | | X |
| Crème brulée | X | X | X | | X | | | | | | | X | X |
| Œufs à la neige | X | X | X | | | | | | | | | X | X |
| Poire au chocolat | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **vendredi 10 octobre 2025** | | | | | | | | | | | | |
| Tomate et olives | | X | X | | | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Œuf mayonnaise | | X | X | | | | | | X | | X | | X |
| Sauté de veau au jus | X | X | X | | X | | | | X | | X | | X |
| Cordon bleu | X | X | X | | X | | | | X | | X | | X |
| Lentilles | X | X | X | | X | | | | X | | X | | X |
| Carottes braisées | X | X | X | | X | | | | X | | X | | X |
| Flan aux œufs | X | X | X | | X | | | | | | | X | X |
| Compote | | X | | | | | | | | | | | X |
| Banane au chocolat | X | X | X | | X | | | | | | | X | X |

## AFFICHAGE DES ALLERGENES PRÉSENTS VOLONTAIREMENT DANS LES MENUS

| mille et un repas | GLUTEN | LAIT | OEUF | POISSON | SOJA | MOLLUSQUES / CRUSTACÉS | SÉSAME | ARACHIDE | MOUTARDE | LUPIN | CELERI | FRUITS A COQUE | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vinaigrette | | | | | | | | | X | | | | X |
| Pain | X | | | | | | | | | | | | |
| Fromages | | X | X | | | | | | | | | | |
| Laitages | | X | | | | | | | | | | | |
| **Déjeuner du** | **lundi 13 octobre 2025** | | | | | | | | | | | | |
| Piémontaise | X | X | X | | X | | | | X | | X | | X |
| Salade de haricots cocos | X | X | X | X | X | X | X | | X | | X | X | X |
| Tomate | | X | X | | | | | | X | | X | | X |
| Quenelle gratinée | X | X | X | X | X | X | | | X | | X | | X |
| Chipolatas | X | X | X | | X | | | | X | | X | | X |
| Haricots verts persillés | X | X | X | | X | | | | X | | X | | X |
| Blé | X | X | X | | X | | | | X | | X | | X |
| Flan nappé caramel | X | X | X | | X | | | | | | | X | X |
| Fruits d'automne | | | | | | | | | | | | | |
| Quartiers de pommes caramélisés | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **mardi 14 octobre 2025** | | | | | | | | | | | | |
| Salade verte | X | X | X | | X | | | | X | | X | X | X |
| Salade à composer | X | X | X | X | X | X | X | | X | | X | X | X |
| Carottes râpées | | X | X | | | | | | X | | X | | X |
| Blanquette de poisson | X | X | X | X | | X | | | X | | X | | X |
| Vol au vent | X | X | X | | X | | | | X | | X | | X |
| Dernière ratatouille ! | X | X | X | | X | | | | X | | X | | X |
| Coquillettes | X | X | X | | X | | | | X | | X | | X |
| Marbré | X | X | X | | X | | | | | | | X | X |
| Glace | X | X | X | | X | | | X | | | | X | X |
| Abricots au coulis | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **mercredi 15 octobre 2025** | | | | | | | | | | | | |
| Radis beurre | | X | X | | | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Pâté en croute | X | X | X | | X | | | | X | | X | | X |
| Poulet rôti jus de cuisson | X | X | X | | X | | | | X | | X | | X |
| Œufs brouillés piperade | X | X | X | | X | | X | | X | | X | | X |
| Épinards | X | X | X | | X | | | | X | | X | | X |
| Frites | | | | | | | | | | | | | |
| Fromage blanc | | X | | | | | | | | | | | X |
| Crêpe au sucre | X | X | X | | X | | | | | X | | X | X |
| Flan pistache | X | X | X | | X | | | | | | | X | X |
| **Déjeuner du** | **jeudi 16 octobre 2025** | | | | | | | | | | | | |
| Concombre tzatziki | | X | X | | | | | | X | | X | | X |
| Céleri rémoulade | | X | X | | | | | | X | | X | | X |
| Salade Zéro Gaspil' | X | X | X | X | X | X | X | | X | | X | X | X |
| Porc au caramel | X | X | X | X | X | X | X | | X | | X | | X |
| Biryani lentilles | X | X | X | X | X | X | X | | X | | X | | X |
| Riz | X | X | X | | X | | | | X | | X | | X |
| Carottes vichy | X | X | X | | X | | | | X | | X | | X |
| graines de sésame | | | | | | | X | | | | | | |
| Moelleux pomme spéculoos | X | X | X | | X | | | | | | | X | X |
| Mousse au chocolat | X | X | X | | X | | | | | | | | X |
| Ananas frais | | | | | | | | | | | | | |
| **Déjeuner du** | **vendredi 17 octobre 2025** | | | | | | | | | | | | |
| Tomate à la croque au sel | | X | X | | | | | | X | | X | | X |
| Salami | X | X | X | | X | | | | X | | X | | X |
| Chou chinois | X | X | X | | X | | X | | X | | X | | X |
| Nuggets de volaille | X | X | X | | X | | | | X | | X | | X |
| Pané blé épinards | X | X | X | | X | | X | | X | | X | X | X |
| Macaroni | X | X | X | | X | | | | X | | X | | X |
| Haricots beurre | X | X | X | | X | | | | X | | X | | X |
| Beignet chocolat | X | X | X | | X | | | | | | | X | X |
| Fruit de saison à croquer | | | | | | | | | | | | | |
| Compote sans sucre ajouté | | X | | | | | | | | | | | X |