

# DE JEUNER

Lundi 21 Septembre 2026

|                          | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|--------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Carottes rapées bio      |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Tomate                   |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Poisson pane             | X      |           | X    | X        |          |      | X                |                   |        |          |        |                        |       | X         |
| Saucisse de toulouse     |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Fusillis bio             | X      |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Fian vanille/caramel bio |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Yaourt vanille bio       |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |

Mardi 22 Septembre 2026

[illegible]

Mercredi 23 Septembre 2026

[illegible]

Jeudi 24 Septembre 2026

|                               | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|-------------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Macedoine mayonnaise          |        |           | X    |          |          |      |                  |                   | X      | X        |        |                        |       |           |
| Filet de hoki sauce crevettes | X      | X         | X    | X        |          |      | X                |                   | X      |          | X      | X                      |       | X         |
| Roï de boeuf                  |        |           |      |          |          |      |                  |                   | X      |          |        |                        |       |           |
| Petits pois/carottes          |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Salade verte bio              |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Brie                          |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Banane                        |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Orange                        |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |

Vendredi 25 Septembre 2026

|                         | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|-------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Salade grecque          |        |           |      |          |          |      | X                |                   | X      |          |        |                        |       |           |
| Salade mexicaine        | X      | X         | X    | X        |          | X    | X                |                   | X      | X        |        | X                      |       | X         |
| Poisson frais papillote | X      | X         | X    | X        |          | X    | X                |                   | X      | X        |        | X                      |       | X         |
| Riz bio pilaf           |        |           |      |          |          |      |                  |                   | X      |          |        |                        |       |           |
| Yaourt aromatisé bio    |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Yaourt nature bio       |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |

DEJEUNER

Lundi 28 Septembre 2026

|                        | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Taboule bio            | X      |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Omelette nature        |        |           | X    |          |          |      | X                |                   |        |          |        |                        |       |           |
| Printanière de legumes | X      | X         | X    | X        |          | X    | X                |                   | X      | X        |        | X                      |       | X         |
| Canthal                |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Banane                 |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Pomme bio              |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |

Mardi 29 Septembre 2026

|                              | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|------------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Betteraves                   |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Salade de haricots verts bio | X      | X         | X    | X        |          | X    | X                |                   | X      | X        |        | X                      |       | X         |
| Parmentier de poisson frais  | X      |           | X    | X        |          | X    | X                | X                 |        | X        | X      |                        | X     |           |
| Steak hache                  |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Purée de pommes de terre     |        |           |      |          |          |      | X                |                   |        |          |        | X                      |       |           |
| Petit suisse aromatisé       |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Petit suisse sucre           |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Raisin                       |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |

Mercredi 30 Septembre 2026

|                        | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Potage crecy           |        |           |      |          |          |      | X                |                   |        |          |        | X                      |       |           |
| Poisson pane au citron | X      |           | X    | X        |          |      | X                |                   |        |          |        |                        |       | X         |
| Spaghettis bio         | X      |           | X    |          |          |      |                  |                   |        |          |        |                        |       |           |
| Kiri                   |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Yaourt aromatisé bio   |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |



# DEJEUNER

Lundi 05 Octobre 2026

|                                     | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|-------------------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Celeri remoulade                    |        |           | X    |          |          |      |                  |                   | X      | X        |        |                        |       |           |
| Haut de cuisse de poulet aux herbes |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Tarte aux poireaux                  | X      |           | X    |          |          |      | X                |                   |        |          |        |                        |       |           |
| Petits pois/carottes                |        |           |      |          |          |      |                  |                   | X      |          |        |                        |       |           |
| Brownies                            | X      |           | X    |          |          | X    | X                | X                 |        |          |        |                        |       |           |
| Tarte aux poires                    | X      |           | X    |          |          | X    | X                | X                 |        |          |        |                        |       |           |
| Yaourt nature bio                   |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |

Mardi 06 Octobre 2026

[illegible]

Mercredi 07 Octobre 2026

[illegible]

# Vendredi 09 Octobre 2026

|                            | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|----------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Pot au feu bio             | X      |           | X    |          |          |      | X                |                   | X      |          |        |                        |       |           |
| Saumonette sauce moutarde  |        | X         |      | X        |          |      | X                |                   | X      | X        |        | X                      |       | X         |
| Legumes pot au feu bio     | X      |           | X    |          |          |      | X                |                   | X      |          |        |                        |       |           |
| Creme dessert chocolat bio |        |           |      |          |          | X    | X                |                   |        |          |        |                        |       |           |
| Creme dessert vanille bio  |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Gateau sec                 | X      |           | X    |          |          | X    | X                | X                 |        |          | X      |                        |       |           |

DEJEUNER

Lundi 12 Octobre 2026

|                           | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|---------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Salade de pâtes           | X      |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Salade de pois chiches    |        |           |      | X        |          |      |                  |                   |        |          |        |                        |       |           |
| Poisson pane au citron    | X      |           | X    | X        |          |      | X                |                   |        |          |        |                        |       | X         |
| Roï de porc bio           |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Cougettes bechamel bio    | X      |           | X    |          |          |      | X                |                   | X      |          |        |                        |       |           |
| Saint paulin              |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Yaourt fermier aux fruits |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Yaourt fermier vanille    |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |

Mardi 13 Octobre 2026

|                            | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|----------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Potlage au potiron bio     |        |           |      |          |          |      | X                |                   |        |          |        | X                      |       |           |
| Saute de veau marenngo bio | X      |           | X    |          |          |      | X                |                   | X      |          | X      |                        |       |           |
| Tarte aux poireaux         | X      |           | X    |          |          |      | X                |                   |        |          |        |                        |       |           |
| Fusillis bio               | X      |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Camembert                  |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Poire                      |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Pomme bio                  |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |

Mercredi 14 Octobre 2026

|                                | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|--------------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Macedoine mayonnaise           |        |           | X    |          |          |      |                  |                   | X      | X        |        |                        |       |           |
| Saute de dinde frais           | X      |           | X    |          |          |      | X                |                   | X      |          |        |                        |       |           |
| Fondue de poireaux fraiche/pdt |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Cantafrais                     |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Creme dessert chocolat bio     |        |           |      |          |          | X    | X                |                   |        |          |        |                        |       |           |

Jeudi 15 Octobre 2026

|                     | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|---------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Carottes rapees bio |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Tomate              |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Chili sin carne     |        |           |      |          |          |      |                  |                   | X      |          |        |                        |       |           |
| Riz creole bio      |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Tome blanche        |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Orange              |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |

Vendredi 16 Octobre 2026

|                                     | Gluten | Crustacés | Oeuf | Poissons | Arachide | Soja | Lait/<br>Lactose | Fruits à<br>coque | Cèleri | Moutarde | Sésame | Anhydride<br>sulfureux | Lupin | Mollusque |
|-------------------------------------|--------|-----------|------|----------|----------|------|------------------|-------------------|--------|----------|--------|------------------------|-------|-----------|
| Pamplémousse                        |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Salade verte a l emmental           |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Calamar a la romaine                | X      |           | X    | X        |          |      | X                |                   |        |          |        |                        |       | X         |
| Haut de cuisse de poulet aux herbes |        |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Semoule bio                         | X      |           |      |          |          |      |                  |                   |        |          |        |                        |       |           |
| Fromage blanc fermier nature        |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |
| Fromage blanc fermier aux fruits    |        |           |      |          |          |      | X                |                   |        |          |        |                        |       |           |