RESTAURANT SCOLAIRE DE L'ÉCOLE LE BREZOUNET - 05600 – RISOUL

<u>AFFICHAGE DES ALLERGÈNES PRÉSENTS DANS LES MENUS NOVEMBRE - DÉCEMBRE 2025</u>

| JOURS | MENUS | Gluten Céréales | Œufs | Lait Lactose | Arachides | Fruits à coques | Poisson | Crustacés | Mollusques | Soja | Céleri | Moutarde | Graine de Sésame | Lupin | Sulfite |
|----------------|----------------------|--------------------|------|-----------------|-----------|-----------------|---------|-----------|------------|------|--------|----------|---------------------|-------|---------|
| | | | | | | | | | | | | | | | |
| | Salade Concombre | | | | Х | | | | | | | Х | | | |
| المصال | Betterave | | | | | | | | | | | | | | |
| Lundi 03/11 | Gratins de Légumes | | | Х | X | | | | | | | | | | |
| 03/11 | Faisselle | | | Х | | | | | | | | | | | |
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| | Potage de légumes | X | | | | | | | | | | | | | |
| Mardi | Sauté de Veau | | X | Х | Х | | Х | X | х | X | Х | | | | |
| 04/11 | Haricots Verts / PDT | | | | Х | | | | | | | | | | |
| | Pomme Golden | | | | | | | | | | | | | | |
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| | Carottes râpées | | | | X | | | | | | | X | | | |
| Jeudi | Poisson Panés | X | | Х | | | X | | | | | Х | | | |
| 06/11 | Riz aux légumes | | | Х | X | | | | | | | | | | |
| | Tarte aux Poire | Х | X | Х | | X | | | | | | | Х | | |
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| | Œuf Mimosa | | Х | | | | | | | | | Х | | | Х |
| Vendredi | Lasagne Bolognaise | Х | Х | Х | | | | | | | | | | | |
| 07/11 | Fromage | | | Х | | | | | | | | | | | |
| | Raisin | | | | | | | | | | | | | | |
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| JOURS | MENUS | Gluten Céréales | Œufs | Lait Lactose | Arachides | Fruits à coques | Poisson | Crustacés | Mollusques | Soja | Céleri | Moutarde | Graine de Sésame | Lupin | Sulfite |
|----------------|---------------------------|--------------------|------|-----------------|-----------|-----------------|---------|-----------|------------|------|--------|----------|---------------------|-------|---------|
| | | | | | | | | | | | | | | | |
| | Salade Niçoise | | Х | | X | | | | | | Х | X | | | Х |
| Lundi | Nuggets de Poulet | Х | | Х | | | | | | X | Х | | | | |
| 10/11 | Carottes en persillade | | | | X | | | | | | | | | | |
| | Sablé à la confiture | Х | X | Х | | | | | | | | | | | |
| Mardi 11/11 | FÉRIÉ | | | | | | | | | | | | | | |
| Jeudi | Taboulé Steak Végétale | X | X | X | X | | | | | X | X | X | Х | | |
| 13/11 | Gratin Dauphinois | | Х | Х | Х | | | | | | | | | | |
| | Crème dessert au Caramel | | Х | Х | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Rillettes de Sardines | | Х | | Х | | Х | | | | | X | | | |
| Vendredi | Daube de Bœuf | | | | | | | | | | | | | | |
| 14/11 | Pâtes | X | | Х | X | Х | | | | X | | X | Х | | |
| | Yaourts | | | Х | | | | | | | | | | | |
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| JOURS | MENUS | Gluten Céréales | Œufs | Lait Lactose | Arachides | Fruits à coques | Poisson | Crustacés | Mollusques | Soja | Céleri | Moutarde | Graine de Sésame | Lupin | Sulfite |
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| | Salade de Perles Marines | Х | Х | | Х | | Х | Х | Х | Х | | Х | | | |
| Lundi | Poisson façon meunière | Х | | Х | | | Х | | | | | Х | | | |
| 17/11 | Riz | | | | | | | | | | | | | | |
| | Mousse aux chocolat | | Х | Х | | X | | | | | | | | | |
| | Salade Composer | | | | х | | | | | | | x | | | |
| Mardi | Escalope de Poulet Viennois | Х | Х | | | | ĺ | | | Х | | | | | |
| 18/11 | Flan de Butternut / Châtaigne | Х | Х | Х | | | | | | | | | | | |
| | Vache Qui Rit | | | Х | | | | | | | | | | | |
| | Banane | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Quiche aux poireaux | Х | Х | Х | Х | Х | | | | | | Х | | | |
| Jeudi | Poêler de Poivrons | | | | Х | | | | | | | | | | |
| 20/11 | Pennes | Х | | Х | Х | Х | | | | Х | | Х | Х | | |
| | Fromage Blanc / Coulis | | | Х | | | | | | | | | | | |
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| | Macédoine de légumes | | Х | | Х | | | | | | | Х | | | |
| Vendredi | Sauté de Dinde | | Х | Х | Х | | Х | X | X | X | X | | | | |
| 21/11 | Polenta | Х | Х | | | | | | | | | | | | |
| | Tarte aux Pommes | Х | Х | Х | Х | Х | | | | | | Х | | | |
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|----------|----------------------------|--------------------|------|-----------------|-----------|-----------------|---------|-----------|------------|------|--------|----------|---------------------|-------|---------|
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| | Potage de Perles | Х | | | | | | | | Х | Х | X | | | |
| Lundi | Croque-Monsieur / S,Verte | Х | Х | Х | | | | | | | | | | | |
| 24/11 | Cookies au Caramel | Х | Х | Х | | | | | | | | | | | |
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| | Salade Mexicaine | | | | X | | | | | X | | X | | | |
| Mardi | Lasagne de légumes | X | Х | | X | | | | | | | | | | |
| 25/11 | Yaourts Nature | | | X | | | | | | X | Х | X | | | |
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| | Radis / Beurre Salé | | | Х | | | | | | | | | | | |
| Jeudi | Boulette 3 Viandes | | | | | | | | | | | | | | |
| 27/11 | Semoule | Х | Х | | | | | | | Х | | Х | | | |
| | Brie | | | X | | | | | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |
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| | Salade Verte / Noix / Bleu | X | | | X | Х | | | | X | | X | X | | Х |
| Vendredi | Chili Con Carne | X | Х | X | | Х | | X | | X | Х | X | | | Х |
| 28/11 | Riz Basmati | | | | | | | | | | | | | | |
| | Flan Pâtissier | X | Х | X | X | Х | | | | | | X | | | |
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| JOURS | MENUS | Gluten Céréales | Œufs | Lait Lactose | Arachides | Fruits à coques | Poisson | Crustacés | Mollusques | Soja | Céleri | Moutarde | Graine de Sésame | Lupin | Sulfite |
|----------|---------------------------|--------------------|------|-----------------|-----------|-----------------|---------|-----------|------------|------|--------|----------|---------------------|-------|---------|
| | | | | | | | | | | | | | | | |
| | Cake Jambon / Olive Verte | Х | Х | Х | Х | | | | | | | | | | |
| Lundi | Saucisses | | | | | | | | | | | | | | |
| 01/12 | Lentilles | Х | | | | | | | | | | | | | |
| • | Mandarine | | | | | | | | | | | | | | |
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| | Houmous | Х | | | Х | | | | | | | | | | |
| Mardi | Tortellini Fromage | Х | Х | | | | | | | | | | | | |
| 02/12 | Faisselle | | | Х | | | | | | | | | | | |
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| | Œuf Mimosa | | Х | | | | | | | | | Х | | | Х |
| Jeudi | Rôti de Dinde | | Х | Х | Х | | Х | Х | Х | Х | Х | | | | |
| 04/12 | Pomme de Terre / H,Verts | | | | | | | | | | | | | | |
| | Fondant au chocolat | Х | Х | Х | Х | Х | | | | X | | | | | |
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| | Potage de légumes | | | | | | | | | | | | | | |
| Vendredi | Blanquette de Veau | | Х | Х | | | Х | Х | Х | X | Х | Х | | | |
| 05/12 | Riz | | | | | | | | | | | | | | |
| | Fromage | | · | Х | | | | | | | | | | | |
| | Banane | | | | | | | | | | | | | | |

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|-------------------|--|--------------------|--------|-----------------|-----------|-----------------|---------|-----------|------------|------|--------|-------------|---------------------|-------|---------|
| Lundi 08/12 | Carottes râpées Salade verte Crêpe farcie Gâteau au Yaourts | X X | X X | X X | X X | Х | X | X | Х | | | X X X | X | | |
| Mardi 09/12 | Salade de Petit Épeautre Cordon Bleu Gratins de choux fleur Poire | X X X | | X X | X | | | | | Х | | X | | | |
| Jeudi 11/12 | Salade Verte Toast de chèvre Lasagne de légumes Crème dessert Pistache | X | Х | x | X | Х | | | | Х | | X | | | |
| Vendredi 12/12 | Salade Sauté de Porc Purée de Pomme de Terre Sablé à la confiture | X | X | X X X | X X | | X | X | X | X | X | X | | | |

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|----------|--------------------------------|--------------------|------|-----------------|-----------|-----------------|--------------|-----------|------------|------|---------------------------------------|----------|---------------------|-------|---------|
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| | Friand au Fromage | Х | X | Х | | X | | | | X | | | | | |
| Lundi | Chili de légumes | | | Х | | | | | | | | | | | |
| 15/12 | Riz | | | | | | | | | | | | | | |
| | Fromage Blanc | | | Х | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Salade Verte | | | | X | | | | | | | X | | | |
| Mardi | Filet de Poisson | Х | X | Х | | | X | X | X | Х | Х | | | | |
| 16/12 | Ebly | X | | | | | | | | | | | | | |
| | Fromage | | | Х | | | | | | | | | | | |
| | Orange | | | | | | | | | | | | | | |
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| | MENU DE NOËL | | | | | | | | | | | | | | |
| Jeudi | Pâté en Croûte | Х | Х | Х | | Х | Х | Х | Х | | Х | Х | | | |
| 18/12 | Rôti farcie, sauce champignons | Х | X | Х | | Х | | | | Х | Х | Х | | | |
| | Pommes Duchesse | Х | X | Х | | | | | | | | | | | |
| | Bûche de Noël | Х | X | Х | | Х | | | | Х | | | | | |
| Ŷ | 5 | | | | | | | | | | | | | | |
| Vendredi | Potage de légumes | X | | | | | | | | | \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ | | | | |
| 19/12 | Hot Dog Frites | X | X | Х | | | | | | | Х | Х | X | | 1 |
| 13,12 | | | | | | | <u> </u> | | | | | | | | |
| | Compote | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Salade César | Х | Х | | | | Х | | | Х | | Х | | | Х |
| Lundi | Croque-Monsieur | Х | Х | Х | | | | | | Х | | | | | |
| 17/10 | Fromage Blanc | | | Х | | | | | | | | | | | |
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