

MENUS DE LA SEMAINE du 28 janvier au 1er février 2019

|                  | LUNDI   | MARDI  | JEUDI   | VENDREDI   |
|------------------|---|--|---|--|
| Entrées au choix | Velouté de champignons<br>[Red X] [Green X] [Blue X] [Yellow]                       | Salade piémontaise<br>[Red X] [Green X] [Blue] [Yellow]          | Tartine de sardine<br>[Red X] [Green] [Blue] [Yellow X]                 | Tresse aux 4 fromages<br>[Red] [Green X] [Blue] [Yellow]         |
|                  | Duo de crudités<br>[Red] [Green X] [Brown] [Blue] [Yellow]                          | Concombre à la crème<br>[Red] [Green X] [Blue] [Yellow]          | Assiette de saucisson<br>[Red X] [Green] [Brown] [Blue] [Yellow X]      |  |
| Plat garni       | Cervelas orloff<br>[Red X] [Green] [Brown] [Blue] [Yellow]                          | Cuisse de poulet rôti<br>[Red X] [Green] [Brown] [Blue] [Yellow] | Sauté de dinde sauce colombo<br>[Red X] [Green] [Brown] [Blue] [Yellow] | Calamars à la romaine<br>[Red X] [Green] [Brown] [Blue] [Yellow] |
|                  | Purée<br>[Red] [Green] [Brown X] [Blue X] [Yellow]                                  | Ratatouille<br>[Red] [Green X] [Brown] [Blue] [Yellow]           | Pomme noisette<br>[Red] [Green] [Brown X] [Blue] [Yellow]               | Poêlée de légumes<br>[Red] [Green X] [Brown X] [Blue] [Yellow]   |
| salade           | Salade verte<br>[Red] [Green X] [Brown] [Blue] [Yellow]                             | Salade verte<br>[Red] [Green X] [Brown] [Blue] [Yellow]          | Salade verte<br>[Red] [Green X] [Brown] [Blue] [Yellow]                 | Salade verte<br>[Red] [Green X] [Brown] [Blue] [Yellow]          |
| Produit laitier  | Fromage<br>[Red] [Green] [Brown] [Blue X] [Yellow]                                  | Fromage<br>[Red] [Green] [Brown] [Blue X] [Yellow]               | Fromage blanc<br>[Red] [Green] [Brown] [Blue X] [Yellow]                | Fromage<br>[Red] [Green] [Brown] [Blue X] [Yellow]               |
| Dessert          | Compote de pommes mirabelles / biscuit<br>[Red] [Green X] [Brown] [Blue] [Yellow X] | Fruit de saison<br>[Red] [Green X] [Brown] [Blue] [Yellow]       | Tarte normande<br>[Red] [Green X] [Brown] [Blue] [Yellow X]             | Fruit de saison<br>[Red] [Green X] [Brown] [Blue] [Yellow]       |

|          |                                  |
|----------|----------------------------------|
| [Red]    | VIANDE, POISSON, ŒUF (protéines) |
| [Green]  | LEGUMES ET FRUITS (fibres)       |
| [Brown]  | CEREALES ET DERIVES (glucides)   |
| [Blue]   | PRODUITS LAITIERS                |
| [Yellow] | MATIERES GRASSES (lipides)       |
| [Orange] | SUCRES ET PRODUITS SUCRES        |



Le Principal

La Gestionnaire

Philippe VILLERS

Morgane STEFANKA

Menus réalisés par le Chef Cuisinier Bernard LAUGIER  
Menus rédigés par la Secrétaire de Direction Murielle BONNET

Menus validés par le Principal et la Gestionnaire