

MENUS DE LA SEMAINE du 5 au 9 DECEMBRE 2022

Entrées au choix

Plat garni

salade

Produit Laitier

Dessert

LUNDI
Salade piémontaise [Red X] [Green X] [Blue X] [Yellow]
Taboulé [Red] [Green X] [Blue] [Yellow]
Haut de cuisse rôti [Red X] [Green] [Blue] [Yellow]
Pâtes à la crème [Red] [Green X] [Blue X] [Yellow]
Salade verte [Red] [Green X] [Blue] [Yellow]
Fromage [Red] [Green] [Blue X] [Yellow]
Compote / biscuit [Red X] [Green] [Blue] [Yellow X]

MARDI
Salade coleslaw [Red] [Green X] [Blue] [Yellow X]
Tomate au thon [Red X] [Green X] [Blue] [Yellow]
Chicken burger [Red X] [Green X] [Blue X] [Yellow]
Frites [Red] [Green X] [Blue] [Yellow X]
Salade verte [Red] [Green X] [Blue] [Yellow]
Fromage blanc [Red] [Green] [Blue X] [Yellow]
Fruit de saison [Red X] [Green] [Blue] [Yellow]

JEUDI - Végétarien
Velouté tomate / pâtes [Red] [Green X] [Blue] [Yellow]
Concombre à la crème [Red] [Green X] [Blue X] [Yellow]
Crêpe au fromage [Red] [Green X] [Blue X] [Yellow]
Poêlée de légumes [Red X] [Green X] [Blue] [Yellow]
Salade verte [Red] [Green X] [Blue] [Yellow]
Fromage [Red] [Green] [Blue X] [Yellow]
Gâteau délice de châtaignes [Red] [Green X] [Blue] [Yellow X]

VENDREDI
Œuf dur mayonnaise [Red X] [Green] [Blue] [Yellow X]
Filet de merlu sauce beurre blanc [Red X] [Green] [Blue] [Yellow X]
Céréales printanières [Red] [Green X] [Blue] [Yellow]
Salade verte [Red] [Green X] [Blue] [Yellow]
Fromage [Red] [Green] [Blue X] [Yellow]
Fruit de saison [Red X] [Green] [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