

MENUS DE LA SEMAINE du 20 au 24 NOVEMBRE 2023

	LUNDI	MARDI - <b>Végétarien</b>	JEUDI	VENDREDI
Entrées au choix	Velouté de courgette à la vache qui rit [Red X] [Green X] [Blue X] [Yellow]	Salade coleslaw [Red] [Green X] [Blue] [Yellow X]	Tomate à la fête [Red] [Green X] [Blue X] [Yellow]	Saucisson sec / beurre [Red X] [Green] [Blue] [Yellow X]
	[Red] [Green] [Blue] [Yellow]	[Red] [Green] [Blue] [Yellow]	[Red] [Green] [Blue] [Yellow]	[Red] [Green] [Blue] [Yellow]
Plat garni	Steack haché de veau [Red X] [Green] [Blue] [Yellow]	Crêpe au fromage [Red] [Green X] [Blue X] [Yellow]	Emincé de bœuf <b>BIO LOCAL</b> [Red X] [Green] [Blue] [Yellow]	Gratin de poisson [Red X] [Green] [Blue X] [Yellow]
	[Red] [Green X] [Blue] [Yellow X]	[Red] [Green X] [Blue] [Yellow]	[Red] [Green X] [Blue] [Yellow]	[Red] [Green X] [Blue] [Yellow]
salade	Salade verte [Red] [Green X] [Blue] [Yellow]	Salade verte [Red] [Green X] [Blue] [Yellow]	Salade verte [Red] [Green X] [Blue] [Yellow]	Salade verte [Red] [Green X] [Blue] [Yellow]
Produit Laitier	[Red] [Green] [Blue] [Yellow]	Fromage [Red] [Green] [Blue X] [Yellow]	Yaourt aromatisé <b>LOCAL</b> [Red] [Green] [Blue X] [Yellow]	[Red] [Green] [Blue X] [Yellow]
Dessert	Iles flottantes [Red X] [Green] [Blue X] [Yellow]	[Red] [Green] [Blue] [Yellow]	[Red] [Green] [Blue] [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



La Principale

La Gestionnaire

Isabelle BÉGUÉ

Morgane STEFANKA

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

Menus validés par la Principale et la Gestionnaire