

MENUS DE LA SEMAINE du 9 au 13 OCTOBRE 2023

Entrées au choix

LUNDI - <b>Végétarien</b>
Taboulé [Red X] [Green X] [Brown] [Blue] [Yellow]
Champignons à la grecque [Red X] [Green] [Brown] [Blue] [Yellow]

MARDI
Terrine de campagne [Red X] [Green] [Brown] [Blue X] [Yellow]
Salade composée [Red X] [Green X] [Brown] [Blue] [Yellow]

JEUDI
Maquereau à la moutarde [Red X] [Green] [Brown] [Blue] [Yellow]
Tomate vinaigrette [Red] [Green X] [Brown] [Blue X] [Yellow]

VENDREDI
Entrées chaudes [Red X] [Green X] [Brown X] [Blue] [Yellow]
 [Red] [Green] [Brown] [Blue] [Yellow]

Plat garni

Crêpe au fromage [Red] [Green] [Brown X] [Blue X] [Yellow]
Courgettes gratinées [Red] [Green X] [Brown] [Blue X] [Yellow]

Bifteck de bœuf sauce béarnaise [Red X] [Green] [Brown] [Blue] [Yellow]
Pomme rösti [Red] [Green X] [Brown] [Blue] [Yellow]

Raviolis gratinés [Red X] [Green X] [Brown X] [Blue] [Yellow]
 [Red] [Green] [Brown] [Blue] [Yellow]

Poisson meunière [Red X] [Green] [Brown] [Blue] [Yellow]
Gratin de chou-fleur/pomme de terre [Red X] [Green X] [Brown X] [Blue] [Yellow]

salade

Salade verte [Red] [Green X] [Brown] [Blue] [Yellow]
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Salade verte [Red] [Green X] [Brown] [Blue] [Yellow]
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Salade verte [Red] [Green X] [Brown] [Blue] [Yellow]
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Salade verte [Red] [Green X] [Brown] [Blue] [Yellow]
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Produit Laitier

Fromage [Red] [Green] [Brown] [Blue X] [Yellow]
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Fromage [Red] [Green] [Brown] [Blue X] [Yellow]
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Yaourt nature sucré [Red] [Green] [Brown] [Blue X] [Yellow]
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Fromage [Red] [Green] [Brown] [Blue X] [Yellow]
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Dessert

Compote [Red X] [Green] [Brown] [Blue] [Yellow X]
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Fruit de saison [Red X] [Green] [Brown] [Blue] [Yellow]
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Roulé framboise maison [Red] [Green] [Brown] [Blue X] [Yellow X]
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Fruit de saison [Red X] [Green] [Brown] [Blue] [Yellow]
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[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