

DEJEUNER

Grain	Protein	Carb	Fat	Fiber	Calc	Iron	Vit. A	Vit. C	Vit. E	Vit. K	Vit. B1	Vit. B2	Vit. B3	Vit. B5	Vit. B6	Vit. B9	Vit. D	Vit. F	Vit. G	Vit. H	Vit. I	Vit. J	Vit. L	Vit. M	Vit. N	Vit. O	Vit. P	Vit. Q	Vit. R	Vit. S	Vit. T	Vit. U	Vit. V	Vit. W	Vit. X	Vit. Y	Vit. Z
Wheat	12.6	72.6	2.1	12.6	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Rice	7.7	77.0	0.7	0.7	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Barley	12.6	63.0	1.1	12.6	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Oats	12.6	63.0	1.1	12.6	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Quinoa	14.1	63.0	1.1	14.1	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Buckwheat	12.6	63.0	1.1	12.6	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Millet	11.3	72.6	0.7	11.3	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Sorghum	11.3	72.6	0.7	11.3	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Amaranth	14.1	63.0	1.1	14.1	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Flaxseed	22.2	28.6	0.7	22.2	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Chia	17.7	42.6	0.7	17.7	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Hemp	25.0	28.6	0.7	25.0	0.4	0.8	0.0																														

Œuf	Poissons	Arachide	Soja	Lait	Fruits à
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	Cereals	Vegetables	Fruits à l'eau	Lait	Fruits à sec	
Grains	Wheat Rice Oats Barley	Broccoli Cauliflower Spinach Carrots Potatoes Onions Garlic Mushrooms Zucchini Eggplant Peppers Tomatoes Beans Lentils Soybeans Tofu Nuts Seeds Hemp seeds Flaxseeds Walnuts Almonds Peanut butter Sunflower oil Coconut oil Vegan butter Plant-based milk Protein powder Vegan cheese Vegan yogurt Vegan ice cream Vegan candy Vegan chocolate Vegan meatballs Vegan burger Vegan pizza Vegan pasta Vegan salad dressing Vegan mayo Vegan ketchup Vegan mustard Vegan hot sauce Vegan BBQ sauce Vegan ranch dressing Vegan vinaigrette Vegan pesto Vegan hummus Vegan tahini Vegan nut butter Vegan jam Vegan jelly Vegan marshmallows Vegan gummies Vegan hard candy Vegan chewing gum Vegan toothpaste Vegan deodorant Vegan soap Vegan shampoo Vegan conditioner Vegan hair gel Vegan hair spray Vegan perfume Vegan cologne Vegan body lotion Vegan body cream Vegan face cream Vegan eye cream Vegan lip balm Vegan lipstick Vegan nail polish Vegan sunscreen Vegan bug repellent Vegan first aid kit Vegan travel kit Vegan baby kit Vegan pet kit Vegan garden kit Vegan home kit Vegan car kit Vegan office kit Vegan school kit Vegan sports kit Vegan travel kit Vegan baby kit Vegan pet kit Vegan garden kit Vegan home kit Vegan car kit Vegan office kit Vegan school kit Vegan sports kit	Apples Bananas Oranges Grapes Pears Plums Cherries Strawberries Blueberries Blackberries Raspberries Kiwi Mango Pineapple Watermelon Cantaloupe Honeydew Jackfruit Guava Passion fruit Lemon Lime Orange Grapefruit Pomelo Kumquat Yuzu Shiso Mint Basil Dill Fennel Coriander Anise Cardamom Cloves Cinnamon Turmeric Saffron Vanilla Rosemary Thyme Sage Lavender Jasmine Stevia Monk fruit Agave nectar Maple syrup Brown sugar White sugar Powdered sugar Crystallized fruit Jam Jelly Marshmallows Gummies Hard candy Chewing gum Toothpaste Deodorant Soap Shampoo Conditioner Hair gel Hair spray Perfume Cologne Body lotion Body cream Face cream Eye cream Lip balm Lipstick Nail polish Sunscreen Bug repellent First aid kit Travel kit Baby kit Pet kit Garden kit Home kit Car kit Office kit School kit Sports kit	Milk Cheese Butter Cream Ice cream Frozen yogurt Soft-serve ice cream Gelato Sorbetto Sherbet Frozen lemonade Frozen orange juice Frozen apple juice Frozen grape juice Frozen berry juice Frozen vegetable juice Frozen fruit smoothie Frozen veggie smoothie Frozen protein shake Frozen meal replacement Frozen instant noodle soup Frozen dumplings Frozen spring rolls Frozen potstickers Frozen wontons Frozen ravioli Frozen tortellini Frozen farfalle Frozen fusilli Frozen penne Frozen shells Frozen linguine Frozen spaghetti Frozen whole wheat pasta Frozen gluten-free pasta Frozen organic pasta Frozen low-sodium pasta Frozen no-added-oil pasta Frozen BPA-free pasta Frozen soy-free pasta Frozen dairy-free pasta Frozen vegan pasta Frozen plant-based pasta Frozen pea protein pasta Frozen chickpea pasta Frozen lentil pasta Frozen quinoa pasta Frozen buckwheat pasta Frozen amaranth pasta Frozen millet pasta Frozen sorghum pasta Frozen teff pasta Frozen speltz pasta Frozen kamut pasta Frozen einkorn pasta Frozen emmer pasta Frozen farro pasta Frozen barley pasta Frozen rye pasta Frozen triticale pasta Frozen wild rice pasta Frozen brown rice pasta Frozen black rice pasta Frozen red rice pasta Frozen purple rice pasta Frozen white rice pasta Frozen jasmine rice Forbidden rice Basmati rice Arborio rice Carnaroli rice Vialone Nano rice Paella rice Risotto rice Pilaf rice Steamed rice Fried rice Rice cakes Rice balls Rice noodles Rice vermicelli Rice paper Rice flour Rice bran oil Rice bran wax Rice bran vinegar Rice bran honey Rice bran malt Rice bran yeast Rice bran probiotics Rice bran antioxidants Rice bran phytonutrients Rice bran polyphenols Rice bran flavonoids Rice bran terpenoids Rice bran saponins Rice bran lignans Rice bran sterols Rice bran phytosterols Rice bran beta-glucan Rice bran chitin Rice bran cellulose Rice bran hemicellulose Rice bran pectin Rice bran xanthan gum Rice bran guar gum Rice bran carrageenan Rice bran alginate Rice bran agar Rice bran konjac Rice bran glucomannan Rice bran inulin Rice bran fructooligosaccharides Rice bran oligosaccharides Rice bran disaccharides Rice bran monosaccharides Rice bran amino acids Rice bran peptides Rice bran proteins Rice bran enzymes Rice bran vitamins Rice bran minerals Rice bran electrolytes Rice bran antioxidants Rice bran phytonutrients Rice bran polyphenols Rice bran flavonoids Rice bran terpenoids Rice bran saponins Rice bran lignans Rice bran sterols Rice bran phytosterols Rice bran beta-glucan Rice bran chitin Rice bran cellulose Rice bran hemicellulose Rice bran pectin Rice bran xanthan gum Rice bran guar gum Rice bran carrageenan Rice bran alginate Rice bran agar Rice bran konjac Rice bran glucomannan Rice bran inulin Rice bran fructooligosaccharides Rice bran oligosaccharides Rice bran disaccharides Rice bran monosaccharides Rice bran amino acids Rice bran peptides Rice bran proteins Rice bran enzymes Rice bran vitamins Rice bran minerals Rice bran electrolytes	Dairy products Meat Seafood Eggs Nuts Seeds Legumes Grains Vegetables Fruits Herbs Spices Condiments Sauces Dressings Breads Pastas Snacks Drinks Desserts Confections Personal care Household Travel Baby Pet Garden Home Car Office School Sports	Nuts Seeds Legumes Grains Vegetables Fruits Herbs Spices Condiments Sauces Dressings Breads Pastas Snacks Drinks Desserts Confections Personal care Household Travel Baby Pet Garden Home Car Office School Sports

Jeudi 26 Février 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Céleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Salade coleslaw bio			X							X				
Salade harmonie														
Poisson pane	X		X	X			X							X
Pot au feu bio	X		X				X		X					
Legumes pot au feu bio	X		X				X		X					
Camembert							X							
Fromage blanc fermier nature							X							
Yaourt nature fermier							X							

Vendredi 27 Février 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Céleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Carottes rapées aux des de fromage deygurande			X				X							
Pamplemousse														
Dos de colin				X										
Haricots plats	X	X	X	X		X	X		X	X		X		X
Chou a la creme	X		X				X	X						
Tarte au chocolat	X		X			X	X	X						

DEJEUNER

Lundi 02 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Choux chinois														
Tomate														
Omelette nature			X				X							
Saute de dinde frais basquaise	X		X				X		X		X	X		
Pommes vapeur fraîches														
Emmental							X							
Yaourt fermier vanille							X							
Yaourt nature fermier							X							

Mardi 03 Mars 2026

[illegible]

Mercredi 04 Mars 2026

[illegible]

Jeudi 05 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Potage crecy							X					X		
Oeufs durs bechamel	X		X				X		X					
Printaniere de legumes	X	X	X	X		X	X		X	X		X		X
Edam							X							
Banane														
Pomme bio														

Vendredi 06 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Poisson frais papillote	X	X	X	X		X	X		X	X		X		X
Courgettes bio	X	X	X	X		X	X		X	X		X		X
Mi chevre							X							
Tarte aux poires	X		X			X	X	X						
Tarte aux pommes	X		X		X		X	X						

Lat	Fruits a
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	Lait	Fruits à
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	Lait	Fruits à
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Jeudi 12 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Crepe fromage	X	X	X	X			X	X		X	X			X
Potage crecy							X					X		
Saute de poulet sauce provencale	X	X	X	X		X	X		X	X		X		X
Brocolis bio/pommes de terre	X		X				X		X					
Chanteneige							X							
Banane														
Pomme bio														

Vendredi 13 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Carottes rappees (frais)														
Salade verte a l emmental							X							
Filet de colin sauce moutarde		X		X			X			X		X		X
Poelée 4 legumes bio														
Compote de pommes														
Fromage blanc fermier nature							X							

DEJEUNER

Lundi 16 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Betteraves lanières														
Macedoine mayonnaise			X						X	X				
Couscous bio aux boulettes de légumineuse	X					X			X	X			X	
Edam							X							
Banane														
Kiwi bio														

Mardi 17 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Salade farandole au fromage							X							
Salade verte aux croustons	X					X	X	X			X			
Saute de veau marenngo bio	X		X				X		X		X			
Tarte aux poireaux	X		X				X							
Haricots verts bio	X	X		X		X	X		X	X		X		X
Six de savoie							X							
Riz au lait							X							
Semoule fine bio au lait	X						X							

Mercredi 18 Mars 2026

	Gluten	Crustacés	Oeuf	Poissons	Arachide	Soja	Lait/ Lactose	Fruits à coque	Cèleri	Moutarde	Sésame	Anhydride sulfureux	Lupin	Mollusque
Choux chinois														
Calamar a la romaine/citron	X		X	X			X							X
Brocolis bio														
Saint paulin							X							
Flan vanille/caramel bio							X							

