

| JOUR | PLAT <small>les plats peuvent changer en fonction des approvisionnements : à chaque modification ce fichier est mis à jour. Il vous appartient de le consulter autant de fois que nécessaire.</small> | Page 1 | | | | | | | | | | | | | |
|------|---|------------------------------|---|---------------------------------|---|--|---------------------------------|--|-----------------------|-------------------------------------|---|---|---|-----------------------------------|---|
| | | Céréales contenant du GLUTEN | CRUSTACÉS et produits à base de crustacés | OEUFS et produits à base d'œufs | POISSONS et produits à base de poissons | ARACHIDES et produits à base d'arachides | SOJA et produits à base de soja | LAIT et produits à base de lait, lactose | FUITS A COQUE | CELERI et produits à base de céleri | MOUTARDE et produits à base de moutarde | GRAINES DE SESAMES et produits à base de sésame | ANHYSRIDE SULFUREUX et SULFITES > 10mg/kg | LUPIN et produits à base de lupin | MOLLUSQUES et produits à base de mollusques |
| | | <i>Gluten</i> | <i>Crustacés</i> | <i>Oeufs</i> | <i>Poissons</i> | <i>Arachides</i> | <i>Soja</i> | <i>Lait</i> | <i>Fruits à coque</i> | <i>Céleri</i> | <i>Moutarde</i> | <i>Sésame</i> | <i>Sulfites</i> | <i>Lupins</i> | <i>Mollusques</i> |
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Semaine du 02 au 06 Mars

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|---------|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02-mars | Salade de perles | x | | x | | x | | x | | | x | | x | | |
| | Crispy de blé | x | | x | x | | x | x | | | x | | x | | |
| | Gratin de poireaux | x | | x | | x | | x | | | | x | x | | |
| | Kiri | | | | | | | x | | | | | | | |
| | Poire | | | | | | | | x | | | | | | |
| | Cake/fruit ou laitage | x | | x | | | x | x | x | | | | | x | |
| 03-mars | Céleri rémoulade | | | x | | x | | | | | x | | x | | |
| | Poisson à l'armoricaine | x | x | x | x | x | x | x | x | x | x | x | x | x | x |
| | Printanière de légumes | | | | | x | | x | | | | | x | | |
| | Yaourt aux fruits | | | | | | | x | | | | | | | |
| | Pain/fromage | x | | | | | | x | | | | | | | |
| 04-mars | Pizza | x | | | | x | | x | | | | | x | | |
| | Escalope tandoori | | | | | x | | | | | | | x | | |
| | Galette de brocolis | x | | x | | | | x | | | | | x | | |
| | Mini babybel | | | | | | | x | | | | | | | |
| | Orange | | | | | | | | x | | | | | | |
| | Petit beurre/compte | x | | x | | | | x | x | | | | | x | |
| 05-mars | Carottes râpées | | | | | | x | | | | x | | x | | |
| | Bœuf méridional | | | | | | x | | | | | | x | | |
| | Frites | | | | | | x | | | | | | x | | |
| | Bûche du pilat | | | | | | | x | | | | | | | |
| | Mandarine | | | | | | | | x | | | | | | |
| | Pain/nutella | x | | | | | x | x | x | | x | | | | |
| 06-mars | Pamplemousse | | | | | | | | | | | | | | |
| | Emincé de porc Orloff | x | | | | x | | x | | | | | x | | |
| | Petits pois | | | | | x | | x | | | | | x | | |
| | Crème au chocolat | | | x | | | | x | x | | | | | | |
| | Brioche/yaourt à boire | x | | x | | | | x | x | | | | x | | |

Semaine du 09 au 13 MARS 2026

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|---------|------------------------------|---|--|---|---|---|---|---|---|---|---|---|---|---|---|
| 09-mars | Râpé de courgettes | x | | x | | x | | | | | x | | x | | x |
| | Rôti de porc au jus | | | | | x | | x | | | | | x | | |
| | Brocolis à la crème | | | | | | | x | | | | | x | | |
| | Fromage blanc | | | | | | | x | | | | | | | |
| | Pomme | | | | | | | | | | | | | | |
| | Gaillardise/fruit ou laitage | x | | | | | | x | x | | | | | x | |
| 10-mars | Salade verte | | | | | x | | | | | x | | x | | |
| | Blanquette de dinde | x | | x | | x | | x | | x | | | x | | |
| | Macaroni | x | | x | | x | | x | | | | | | | |
| | Saint Nectaire | | | | | | | x | | | | | | | |
| | Kiwi | | | | | | | | | | | | | | |
| | Pain/fromage | x | | | | | | x | | | | | | | |
| 11-mars | Tomate vinaigrette | | | | | x | | | | | x | | x | | |
| | Cordon bleu | x | | x | | x | x | x | x | | | | x | | |
| | Haricots beurre | | | | | x | | x | | | | | x | | |
| | Petit louis | | | | | | | x | | | | | | | |
| | Ananas frais | | | | | | | | | | | | | | |
| 12-mars | Betteraves rouges | | | | | x | | | | | x | | x | | |
| | Polenta à la Romaine | | | x | | | | x | | | | | | | |
| | Pané de blé | x | | x | x | | x | x | | x | | | x | | |
| | Camembert ou Chavroux | | | | | | | x | | | | | | | |
| | Tarte Bourdaloue | x | | x | | | | x | x | | | | x | | |
| | Pain/beurre/confiture | x | | | | | | x | | | | | x | | |
| 13-mars | Pâté croûte | x | | | | | | x | x | x | x | | x | | |
| | Poisson sauce crème | | | | x | x | | x | | | | | x | | |
| | Crumble au potiron | x | | x | | | | x | x | | | x | x | | |

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|--|----------------------------|---|--|--|---|--------|--|---|---|---|--|--|--|---|
| | Vache qui rit | | | | | Page 2 | | x | | | | | | |
| | Salade de fruits farandole | | | | | | | x | | | | | | |
| | Palet/fruit ou laitage | x | | | x | | | x | x | x | | | | x |

Semaine du 16 au 20 MARS 2026

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|---------|--------------------------------|---|---|--|---|---|---|---|---|---|---|---|---|---|
| 16-mars | Quiche | x | | | x | | | x | x | x | | | | x |
| | Endives au jambon | x | | | x | | | x | x | | | x | | x |
| | Yaourt | | | | | | | | x | | | | | |
| | Kiwi | | | | | | | | | | | | | |
| | Pain au lait/compote | x | | | x | | | x | x | x | | | | x |
| 17-mars | Guacamole/tortillas | x | x | | x | x | | x | x | x | x | x | x | x |
| | Gratin de pâtes à la Mexicaine | x | | | x | | | | x | | | | | x |
| | Flan coco-citron vert | | | | x | | | | x | x | | | | |
| | Pain/chocolat noir | x | | | | | | x | x | x | | | | |
| 18-mars | Concombre à la crème | | | | | | x | | x | | | x | | |
| | Curry d'agneau | | | | | | x | | x | x | | x | | |
| | Flageolets | | | | | | x | | x | | | | | x |
| | Petits suisse | | | | | | | | x | | | | | |
| | Pomme | | | | | | | | | | | | | |
| | Gaillardise/fruit ou laitage | x | | | x | | | x | x | x | | | | x |
| 19-mars | Salade composée | | | | | x | x | | | | | x | | x |
| | Poisson sauce citron | x | | | x | | | | x | | | | | x |
| | Choux fleur persillé | | | | | | x | | | x | | | | x |
| | Langres | | | | | | | | | x | | | | |
| | Abricots au sirop | | | | | | | | | | | | | |
| | Pain/fromage | x | | | | | | | | x | | | | |
| 20-mars | Salade de haricots blancs | | | | | | x | | | | | x | | x |
| | Carbonara végétarienne | x | | | x | | | | x | | | | | x |
| | Riz | | | | | | x | | | x | | | | x |
| | Île aux fruits rouges | | | | | | | | | x | | | | x |
| | Sablé/fruit ou laitage | x | | | | | | x | x | x | | | | x |

Semaine du 23 au 27 MARS 2026

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|---------|-------------------------------|---|--|--|---|--|---|---|---|---|---|---|--|---|
| 23-mars | Salade de choux fleur | | | | | | x | | | | | x | | x |
| | Hachis parmentier | x | | | x | | x | | x | | x | | | x |
| | Cantafrais | | | | | | | | | x | | | | |
| | Cocktail de fruits | | | | | | | | | | | | | |
| | Petit beurre/fruit ou laitage | x | | | x | | | x | x | x | | | | x |
| 24-mars | Salade de pâtes au chèvre | x | | | x | | | | x | | | x | | x |
| | Falafel sauce tomate | x | | | | | | | | x | | x | | x |
| | Céréales gourmandes | x | | | | | x | | | x | | | | x |
| | Poire | | | | | | | | | | | | | |
| | Pain/fromage | x | | | | | | | | x | | | | |
| 25-mars | Avocat | | | | | | x | | | | | x | | x |
| | Gratin florentin | x | | | x | | x | | x | | | | | x |
| | Mini chavroux | | | | | | | | | | | | | |
| | Donuts | x | | | x | | | | | x | | | | x |
| | Palet/fruit ou laitage | x | | | x | | | x | x | x | | | | x |
| 26-mars | Tarte aux pleurotes | x | | | x | | x | | x | x | | | | x |
| | Tajine de bœuf | | | | | | x | | | | | x | | |
| | Semoule | x | | | x | | | | | x | | | | |
| | Vieux pané | | | | | | | | | | | | | |
| | Orange | | | | | | | | | | | | | |
| | Pain/chocolat au lait | x | | | | | | x | x | x | | x | | x |
| 27-mars | Salade verte | | | | | | x | | | | | | | |
| | Poulet rôti | | | | | | x | | x | | | | | |
| | Haricots verts persillés | | | | | | x | | | x | | | | x |
| | Samos | | | | | | | | | x | | | | |
| | Banane | | | | | | | | | | | | | |
| | Cake/fruit ou laitage | x | | | x | | | x | x | x | | | | x |
| 30-mars | Salade coleslaw | | | | | | x | | | | | x | | x |
| | Saucisse grillée | | | | | | | | | | | | | x |
| | Purée | | | | | | x | | | x | | | | |
| | Carott' cake | x | | | x | | | | | x | | | | |
| | Gaillardise/fruit ou laitage | x | | | x | | | x | x | x | | | | x |
| 31-mars | Salade de pommes de terre | | | | | | x | | | | | x | | x |
| | Colin Meunière | x | | | x | | x | | | | | x | | x |
| | Carottes à la crème | | | | | | x | | | x | | | | x |
| | Yaourt aux fruits | | | | | | | | | | | | | |
| | Pain/chocolat noir | x | | | | | | x | x | x | | | | |

