

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MIDI	SOUPE	Potage aux poivrons 40 kcal	Potage courgette ABCDE 18 kcal Potage aux petits pois ABCDE 34 kcal	Potage carottes ABCDE 28 kcal	Potage laitue ABCDE 31 kcal	Potage aux tomates ABCDE 25 kcal
		Penne aux courgettes et fromage ABCDE	Filet de poulet sauce curry , carottes et boulghour ABCDE	Vol-au-vent végétarien, riz complet ABCDE 261 kcal	Boulette de viande, sauce aux légumes, courgettes, blé courgette, oignons, poireaux ABCDE	Poissonnettes panées, sauce yaourt aux fines herbes, salade verte, pommes vapeur ABCDE
		Fruits ABCDE 23 kcal	Yaourt nature ABCDE 84 kcal	Crème vanille ABCDE 108 kcal	Fruits ABCDE 23 kcal	Fruits ABCDE 23 kcal
MIDI	ASSIETTE COMPLÈTE					
MIDI	DESSERT					

Légende

Bl=Blé

LUNCH
SOUP

LUNCH
MAIN DISH

LUNCH
DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sweet pepper soup 40 kcal	Zucchini soup A B C D E 18 kcal Garden peas soup A B C D E 34 kcal	Carrots soup A B C D E 28 kcal	Lettuce soup A B C D E 31 kcal	Tomato soup A B C D E 25 kcal
	Penne with courgette and cheese A B C D E	Chicken fillet with curry sauce, carrots and bulgur A B C D E	Vegetarian vol-au-vent, brown rice A B C D E 261 kcal	Meatball, vegetable sauce, zucchini, wheat zucchini, onion, leek A B C D E	Breaded fish, yoghurt and herb sauce, green salad, steamed potatoes A B C D E
	Fruit A B C D E 23 kcal	Natural yogurt A B C D E 84 kcal	vanilla pudding A B C D E 108 kcal	Fruit A B C D E 23 kcal	Fruit A B C D E 23 kcal

