

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

PRODUIT
CÉRÉALIER

<!-- Empty grid cell -->

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Ciabatta

ABCDE CO₂ 204 kcal

Pistolet

Bl
ABCDE CO₂ 150 kcal

Pain gris

Bl Au
ABCDE B CO₂ 126 kcal

PRODUIT LAITIER

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Mozzarella

ABCDE CO₂ 121 kcal

Lait

ABCDE CO₂ 92 kcal

Philadephia

ABCDE CO₂ 104 kcal

GOÛTER
FRUIT/EAU

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Tomates Cerises Rouge

ABCDE kcal

Fruit

ABCDE B CO₂ 19 kcal

Fruit

ABCDE B CO₂ 19 kcal

BOISSON

Eau

ABCDE B CO₂ 0 kcal

Légende
 Lait
 Lactose
 Gluten
 Soja
 Bl=Blé Au=Autres céréales contenant du gluten

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PRODUIT
CÉRÉALIER [FR]

Empty product card for Monday.

Empty product card for Tuesday.

Ciabatta

204 kcal

Pistolet

150 kcal

Brown bread

126 kcal

PRODUIT LAITIER
[FR]

Empty product card for Monday.

Empty product card for Tuesday.

Mozzarella

121 kcal

Milk

92 kcal

Philadelphia

104 kcal

GOÛTER
FRUIT/EAU [FR]

Empty product card for Monday.

Empty product card for Tuesday.

Red Cherry tomatoes

kcal

Fruit

19 kcal

Fruit

19 kcal

DRINK

Water

0 kcal