

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI
SOUPE

Potage aux courgettes

Potage aux carottes

Pois chiches

Bl



Potage aux navets

Bl

Potage cultivateur


MIDI
ASSIETTE COMPLÈTE

Tajine de légumes aux épices


C1: Zarape: Burritos de poulet et sa fraîcheur de yaourt

Haricots princesse


Falafel

Bl
Ratatouille
Blé

Bl

Boulettes sauce tomate et riz

Macaroni au thon et aux olives

Bl

MIDI
DESSERT

Yaourt


Fruit

Fruit

Fruit

Fruit

BOISSON

Légende



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH
SOUP

zucchini soup

Carrot soup

Chickpea


Wh



Turnip soup

Wh

Vegetables soup


LUNCH
MAIN DISH

Vegetable tagine with spices



C1: Zarape: Burritos chicken with tomate spices an yoghurt

Green beans


Falafel

Wh
Vegetables ratatouille
Wheat

Wh

Meatballs with tomato sauce and rice

Macaroni with tuna and olives

Wh

LUNCH
DESSERT

Yoghurt


Fruit









Fruit

Fruit

Fruit

DRINK

Legend

-  Meat, offal, fat, gelatin, etc.
-  Cattle
-  Suidae
-  Fish
-  Milk
-  Lactose
-  Eggs
-  Gluten
-  Celery
-  Sulfites

Wh=Wheat