

LUNDI

Potage au chou fleur


 26 kcal

Fricassée de lentilles
aux légumes et riz


 188 kcal

Yaourt


 87 kcal

MARDI

Crudités nature
Menu élaboré avec la
participation des P4 FRC

 7 kcal

Nuggets de poulet


Bl
 248 kcal

Courgettes sautées

 88 kcal

Pâtes, sauce
courgettes et
fromage


Bl
 369 kcal

Pasteque

kcal

MERCREDI

Soupe aux lentilles


 108 kcal

Boulettes Suédoise,
pommes purée


Bl
 731 kcal

Fruit

 15 kcal

JEUDI

Potage printanier


 26 kcal

CHILI SIN CARNE |
Riz


Bl
 608 kcal

Fruit

 15 kcal

VENDREDI

Potage aux tomates

 26 kcal

Poissonnettes
panées, sauce yaourt
aux fines herbes,
salade verte,
pommes vapeur


Bl
 369 kcal

Fruit

 15 kcal

Eau

CO₂    0 kcal

Légende



Poissons



Lait



Lactose



Oeufs



Sulfites



Gluten



Céleri



Soja

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cauliflower soup 26 kcal	Vegetables without mayonaise Menu developed with the participation of P4 FRC 7 kcal	Lens soup 108 kcal	Primavera soup 26 kcal	Tomato soup 26 kcal
Vegetable and lentil fricassee with rice 188 kcal	Chicken nuggets 248 kcal Pan-fried courgettes 88 kcal Pasta with zucchini and cheese sauce 369 kcal	Swedish meatballs with mashed potatoes 731 kcal	CHILI SIN CARNE Rice 608 kcal	Breaded fish, yoghurt and herb sauce, green salad, steamed potatoes 369 kcal
Yoghurt 87 kcal	Watermelon kcal	Fruit 15 kcal	Fruit 15 kcal	Fruit 15 kcal
Water 0 kcal				

Legend

- 
Fish
- 
Milk
- 
Lactose
- 
Eggs
- 
Sulfites
- 
Gluten
- 
Celery
- 
Soy

Wh=Wheat