

LUNDI

Potage aux courgettes

    19 kcal

Boulets à la liégeoise, potée aux poireaux

 
Bl
407 kcal

Fruit

    15 kcal

MARDI

Crème d'asperges

 
Bl
    66 kcal

Pizza végétarienne

 
Bl
   459 kcal

Fruit

    15 kcal

MERCREDI

Crudités nature

    7 kcal

Couscous aux pois chiches

 
Bl
 353 kcal

Fruit

    15 kcal

JEUDI

Potage aux tomates
Menu élaboré avec la participation des P5 FRB

    26 kcal

Filet de poulet pané

 
Bl
 301 kcal

Pâtes grecques


Bl
    281 kcal

Sauce tomate

 
Bl
    88 kcal

Tiramisu au speculoos

   
Bl Av Am
 260 kcal

VENDREDI

Potage aux carottes

    35 kcal

Macaroni au thon et aux olives

 
Bl
 476 kcal

Fruit

    15 kcal

Eau

    0 kcal

Légende



Viande,
abats,
graisse,
gélatine, etc



Volaille



Bovins



Suidés



Poissons



Lait



Lactose



Oeufs



Sulfites



Gluten



F à coque



Soja

Av=Avoine Bl=Blé Am=Amandes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zucchini soup  19 kcal	Asparagus cream soup  Wh  66 kcal	Vegetables without mayonaise  7 kcal	Tomato soup Menu developed with the participation of P5 FRB  26 kcal	Carrot soup  35 kcal
Meat balls from Liège, mashed potatoes with leek  Wh 407 kcal	Vegetarian pizza  Wh  459 kcal	Couscous with chick peas  Wh  353 kcal	Breaded chicken breast  Wh  301 kcal Greek Pasta  Wh  281 kcal Tomato sauce  Wh  88 kcal	Macaroni with tuna and olives  Wh  476 kcal
Fruit  15 kcal	Fruit  15 kcal	Fruit  15 kcal	X  Wh Oa Al  260 kcal	Fruit  15 kcal
Water  0 kcal				

Legend

- 
Meat, offal,
fat, gelatin,
etc.
- 
Poultry
- 
Cattle
- 
Suidae
- 
Fish
- 
Milk
- 
Lactose
- 
Eggs
- 
Sulfites
- 
Gluten
- 
Tree nuts
- 
Soy

Oa=Oat Wh=Wheat Al=Almonds