

VENDREDI

Cracotte



Bl Se

117 kcal

Beurre

kcal

Philadelphia

51

104 kcal

Fruit

15 kcal

0 keel

0 keel



Au=Autres céréales contenant du gluten Se=Seigle Bl=Blé

PRODUIT
CÉRÉALIER [FR]

MONDAY

Raisin bread



Wh



kcal

TUESDAY

White bread stick



Wh



125 kcal

Confiture aux fruits
[FR]



kcal

WEDNESDAY

Pistolet



Wh



130 kcal

Tuna salad





186 kcal

THURSDAY

Brown bread



Wh Ot



126 kcal

Butter



kcal

FRIDAY

Cracotte



Wh Ry



117 kcal

PRODUIT LAITIER
[FR]

White cheese with
fruits





5 kcal

Organic milk GA





46 kcal

Gouda cubes





141 kcal

Organic milk GA





46 kcal

Philadelphia





104 kcal

GOÛTER
FRUIT/EAU [FR]

Fruit



15 kcal

Fruit



15 kcal

Cucumber



4 kcal

Fruit



15 kcal

Fruit



15 kcal

Water



0 kcal

Legend















FishMilkLactoseEggsGlutenMustardSoy

Ot=Other cereals containing gluten Ry=Rye Wh=Wheat