

LUNDI

Potage aux courgettes

    19 kcal

Boulettes sauce tomate et riz

    672 kcal

Yaourt



    87 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

Lasagna Alla Bolognese



Bl

 894 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, etc



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 66 kcal	Vegetables without mayonaise 7 kcal	Tomato soup Menu developed with the participation of P5 FRB 26 kcal	Carrot soup 35 kcal
Meatballs with tomato sauce and rice 672 kcal	Vegetarian pizza 459 kcal	Couscous with chick peas 353 kcal	Lasagna Alla Bolognese 894 kcal	Macaroni with tuna and olives 476 kcal
Yoghurt 87 kcal	Fruit 15 kcal	Fruit 15 kcal	x 260 kcal	Fruit 15 kcal
Water 0 kcal				

Legend

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

Oa=Oat Wh=Wheat Al=Almonds