

MARDI

Potage aux tomates

    26 kcal

Nouilles sautées aux
lanières d'omelette

   
Bl
    300 kcal

Fruit

    15 kcal

MERCREDI

Salade de crudités (sans
carottes)

 
    153 kcal

Saucisse aux fines herbes


  444 kcal

Compote de pomme

    124 kcal

Blé


Bl
    226 kcal

Fruit

    15 kcal

JEUDI

Potage d'asperge

   
Bl
    64 kcal

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

 
417 kcal

Yaourt


    87 kcal

VENDREDI

Potage printanier


    26 kcal

Tagliatelles, saumon et
brocoli

    
Bl
    523 kcal

Fruit

    15 kcal

Eau

    0 kcal

Eau

    0 kcal

Légende



Viande,
abats,
graisse, etc



Volaille



Poissons



Lait



Lactose



Oeufs



Gluten



Céleri



Moutarde



Soja

Bl=Blé

TUESDAY

Tomato soup

 26 kcal

Noodles sauteed with omelette strips


Wh
 300 kcal

Fruit

 15 kcal

WEDNESDAY

Raw vegetable salad (without carrots)


 153 kcal

Sausage with fine herbs


 444 kcal

Apple compote

 124 kcal

Wheat


Wh
 226 kcal

Fruit

 15 kcal

Water

 0 kcal

THURSDAY

Asparagus soup


Wh
 64 kcal

C1: Zarape: Burritos chicken with tomate spices an yoghurt



417 kcal

Yoghurt


 87 kcal

Water

 0 kcal

FRIDAY

Primavera soup


 26 kcal

Tagliatelle with salmon and broccoli


Wh
 523 kcal

Fruit

 15 kcal

Legend



Meat, offal,
fat, gelatin,
etc.



Poultry



Fish



Milk



Lactose



Eggs



Gluten



Celery



Mustard



Soy

Wh=Wheat