

LUNDI

Potage brocoli

 29 kcal

Pâte sauce
Napolitaine


Bl  141 kcal

Fruit

 15 kcal

MARDI

Potage aux tomates

 26 kcal

Boulette de viande à
l'orientale, couscous


Bl  1066 kcal

Fruit

 15 kcal

MERCREDI

Potage aux poivrons


 37 kcal

Filet de poulet,
sauce crème, petits
pois et carottes,
pommes vapeur


Bl  559 kcal

Fromage blanc aux
fruits


 5 kcal

Eau

 0 kcal

JEUDI

Potage cultivateur


 26 kcal

Paella végétarienne


 763 kcal

Salade de fruits

 60 kcal

VENDREDI

Potage au celeri-
rave


 32 kcal

Fish stick


Bl Au  248 kcal

Haricots verts

 50 kcal

Purée de pommes de
terre


 189 kcal

Fruit

 15 kcal

Légende



Viande,
abats,
graisse,
gélatine, etc



Volaille



Poissons



Lait



Lactose



Oeufs



Gluten



Céleri



Soja

Au=Autres céréales contenant du gluten BI=Blé

MONDAY

Broccoli soup

    29 kcal

Pasta with
Neapolitan sauce

 Wh
    141 kcal

Fruit

    15 kcal

TUESDAY

Tomato soup

    26 kcal

Oriental meatballs,
couscous

 Wh
    1066 kcal

Fruit

    15 kcal

WEDNESDAY

Pepper soup

     37 kcal

Chicken fillet, cream
sauce, peas and
carrots, steamed
potatoes

   Wh
   559 kcal

White cheese with
fruits

     5 kcal

Water

    0 kcal

THURSDAY

Vegetables soup

     26 kcal

Vegetarian paella

   
  763 kcal

Fruit salad

    60 kcal

FRIDAY

Celeriac soup

     32 kcal

Fish stick

   Wh Ot
   248 kcal

Green beans

    50 kcal

Mashed potatoes

 
   189 kcal

Fruit

    15 kcal

Legend

- 
Meat, offal,
fat, gelatin,
etc.
- 
Poultry
- 
Fish
- 
Milk
- 
Lactose
- 
Eggs
- 
Gluten
- 
Celery
- 
Soy

Ot=Other cereals containing gluten Wh=Wheat