

LUNDI

Soupe à l'oignon


    23 kcal

Riz sauté à l'omelette

     
Bl
    231 kcal

Fruit

    15 kcal

MARDI

Potage au chou-fleur

    26 kcal

Saucisse de campagne, sauce aux oignons, compote de pommes, pommes vapeur

  
Bl
   570 kcal

Fruit

    15 kcal

MERCREDI

Potage aux tomates

    26 kcal

Filet de poulet au curry

   
 246 kcal

Blé


Bl
    226 kcal

Fruit

    15 kcal

JEUDI

Potage printanier


    26 kcal

Pâte sauce Napolitaine


Bl
    141 kcal

Glace

 
    196 kcal

VENDREDI

Eau

    0 kcal

Légende



Viande,
abats,
graisse, etc



Volaille



Suidés



Mollusques



Lait



Lactose



Oeufs



Gluten



Céleri



Moutarde



Sésame



Soja

Bl=Blé

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Onion soup  23 kcal	Cauliflower soup  26 kcal	Tomato soup  26 kcal	Primavera soup  26 kcal	
Fried rice with egg  Wh  231 kcal	Country sausage, onion sauce, applesauce, fries or steamed potatoes  Wh  570 kcal	Chicken fillet with curry   246 kcal Wheat  Wh  226 kcal	Pasta with Neapolitan sauce  Wh  141 kcal	
Fruit  15 kcal	Fruit  15 kcal	Fruit  15 kcal	ice cream   196 kcal	
Water  0 kcal				

Legend

- 

Meat, offal,
fat, gelatin,
etc.
- 

Poultry
- 

Suidae
- 

Molluscs
- 

Milk
- 

Lactose
- 

Eggs
- 

Gluten
- 

Celery
- 

Mustard
- 

Sesame
- 

Soy

Wh=Wheat