

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
PRODUIT CÉRÉALIER	Sandwich BlAu CO₂ 146 kcal	Petit pain aux céréales Spécial Waldorf BlNo CO₂ 444 kcal	Baguette blanche Bl CO₂ 125 kcal	Pain gris BlAu CO₂ 126 kcal	Grissini Bl CO₂ 422 kcal
	Beurre non salé CO₂ kcal	Miel CO₂ kcal	Oeufs durs CO₂ 50 kcal	Pâte a tartiner chocolat CO₂ 94 kcal	
PRODUIT LAITIER	Yaourt CO₂ 87 kcal	LAIT BIO GA CO₂ 46 kcal	Gouda CO₂ 123 kcal	LAIT BIO GA CO₂ 46 kcal	Chanteneige CO₂ kcal
GOÛTER FRUIT/EAU	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal
	Eau CO₂ 0 kcal				

Légende



Viande,
abats,
graisse,
gélatine, etc



Volaille



Lait



Lactose



Oeufs



Gluten



F à coque



Céleri



Moutarde



Soja

Au=Autres céréales contenant du gluten BI=Blé No=Noix

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRODUIT CÉRÉALIER [FR]		Sandwich Wh Ot CO₂ 146 kcal	Whole-wheat bread Special Waldorf Wh Wa CO₂ 444 kcal	White bread stick Wh CO₂ 125 kcal	Brown bread Wh Ot CO₂ 126 kcal	Grissini Wh CO₂ 422 kcal
		Unsalted butter kcal	Miel [FR] kcal	Hard-boiles eggs CO₂ 50 kcal	Chocolate spread CO₂ 94 kcal	
PRODUIT LAITIER [FR]		Yoghurt CO₂ 87 kcal	Organic milk GA CO₂ 46 kcal	Gouda CO₂ 123 kcal	Organic milk GA CO₂ 46 kcal	Chanteneige kcal
GOÛTER FRUIT/EAU [FR]		Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal
		Water CO₂ 0 kcal				

Legend

- 
Meat, offal,
fat, gelatin,
etc.
- 
Poultry
- 
Milk
- 
Lactose
- 
Eggs
- 
Gluten
- 
Tree nuts
- 
Celery
- 
Mustard
- 
Soy

Ot=Other cereals containing gluten Wh=Wheat Wa=Walnut