

VENDREDI

**GOÛTER
FRUIT/EAU**

Baguette brune

CO₂    284 kcal

Kiri

 kcal

Fruit

CO₂    15 kcal

CO₂    0 kcal

 Lait
  Lactose
  Oeufs
  Sulfites
  Gluten
  Soja

Au=Autres céréales contenant du gluten BI=Blé Or=Orge

Lait Lactose Oeufs Sulfites Gluten Soja
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRODUIT CÉRÉALIER [FR]	Breakfast cereals Wh Ba CO₂ 262 kcal	Brown bread Wh Ot CO₂ 126 kcal	Nic-Nac Wh kcal	Sandwich Wh Ot CO₂ 146 kcal	Baguette brown Wh CO₂ 284 kcal
PRODUIT LAITIER [FR]	Organic milk GA CO₂ 46 kcal	Emmental CO₂ 158 kcal	Gouda cubes CO₂ 141 kcal	Organic milk GA CO₂ 46 kcal	Kiri kcal
GOÛTER FRUIT/EAU [FR]	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal	Watermelon kcal	Fruit CO₂ 15 kcal	Fruit CO₂ 15 kcal
	Water CO₂ 0 kcal				

Legend

Milk

Lactose

Eggs

Sulfites

Gluten

Soy

Ot=Other cereals containing gluten Wh=Wheat Ba=Barley