

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MIDI ASSIETTE COMPLÈTE	MIDI SOUPE	Potage aux poireaux VÉGÉTARIEN  A B C D E CO₂	Potage au chou vert A B C D E CO₂	Potage provençal VÉGÉTARIEN VEGAN A B C D E CO₂	Potage aux épinards A B C D E CO₂	Potage printanier A B C D E CO₂
	MIDI ASSIETTE COMPLÈTE	Couscous aux pois chiches A B C D E CO₂	Carbonnade aux pruneaux, carottes, pommes vapeur  Se A B C D E CO₂	Oeuf béchamel, épinards, pommes rosties  A B C D E CO₂	C1: Zarape: Burritos de poulet et sa fraîcheur de yaourt  A B C D E CO₂	Tagliatelles, saumon et brocoli  A B C D E CO₂
	MIDI DESSERT	Yaourt VÉGÉTARIEN  A B C D E CO₂	Fruit VÉGÉTARIEN VEGAN A B C D E CO₂	Fruit VÉGÉTARIEN VEGAN A B C D E CO₂	Fruit VÉGÉTARIEN VEGAN A B C D E CO₂	Fruit VÉGÉTARIEN VEGAN A B C D E CO₂
BOISSON						

Légende



Viande,
abats,
graisse,
gélatine, etc



Volaille



Bovins



Poissons



Lait



Lactose



Oeufs



Gluten



Soja

NUTRI-SCORE

A B C D E



ECO
SCORE

Se=Seigle



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH SOUP	LUNCH MAIN DISH	Leeksoep VEGETARIAN  A B C D E 	Green cabbage soup A B C D E 	Potage provençal [FR] VEGETARIAN VEGAN A B C D E 	Spinach soup A B C D E 	Primavera soup A B C D E 
		Couscous with chick peas A B C D E 	Carbonnade with prunes, carrots and steamed potatoes  Ry A B C D E 	Egg béchamel, spinach, roasted potatoes  A B C D E 	C1: Zarape: Burritos chicken with tomate spices an yoghurt  A B C D E 	Tagliatelle with salmon and broccoli  A B C D E 
		Yoghurt VEGETARIAN  A B C D E 	Fruit VEGETARIAN VEGAN A B C D E 	Fruit VEGETARIAN VEGAN A B C D E 	Fruit VEGETARIAN VEGAN A B C D E 	Fruit VEGETARIAN VEGAN A B C D E 
		DRINK				



Legend



Meat, offal,
fat, gelatin,
etc.



Poultry



Cattle



Fish



Milk



Lactose



Eggs



Gluten



Soy



NUTRI-SCORE



ECO
SCORE

Ry=Rye