















## TABLEAU DES ALLERGENES

| <b>SEMAINE</b><br><b>Du 2 au 6 mars 2026</b><br><br><b>Allergènes</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|   | Arachides   | Céleri  | Crustacés   | Fruits à coque  | Gluten  | Lait Lactose  | Lupins  | Mollusques  | Moutarde  | Œufs  | Poissons  | Sésame  | Soja  | Sulfites  |
| <b>Lundi 2:</b> <u>Salade mixte</u>                                   |   | X   |   |   |   | X   |   |   | X   | X   |   |   |   |   |
| <u>Chili végétarien</u>   |   | X   |   |   | X   |   |   |   | X   | X   |   | X   | X   |   |
| <u>Riz basmati</u>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>LC1</b>  |   |   |   |   |   | X   |   |   |   |   |   |   |   |   |
| <b>Mardi 3 :</b> <u>Velouté de légumes</u>                            |   |   |   |   |   | X   |   |   |   |   |   |   |   |   |
| <u>Manchons de poulet mexicaine</u>                                   |   | X   |   |   | X   | X   |   |   | X   | X   |   |   | X   |   |
| <u>Spätzlis</u>   |   |   |   |   | X   | X   |   |   |   | X   |   |   |   |   |
| <u>Chipolatas</u>   |   |   |   |   | X   |   |   |   |   |   |   |   | X   |   |
| <b>Pommes Gala grta orange Bio</b>                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Jeudi 5 :</b> <u>Salade mélangée</u>                               |   |   |   |   |   | X   |   |   | X   | X   |   |   |   |   |
| <u>Pavé lentille, mozza Sce tomate</u>                                |   | X   |   |   | X   | X   |   |   | X   | X   |   | X   | X   |   |
| <u>Penne 5 céréales</u>   |   |   |   |   | X   |   |   |   |   | X   |   |   |   |   |
| <b>Kiwi</b>   |   |   |   |   |   | X   |   |   |   |   |   |   |   |   |
| <b>Vendredi 6:</b> <u>Salade mêlée</u>                                |   |   |   |   |   | X   |   |   | X   | X   |   |   |   |   |
| <u>Hamburger de bœuf + sauce</u>                                      |   |   |   |   | X   | X   |   |   | X   | X   |   |   |   |   |
| <u>Pommes frites</u>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <u>Hamburger végétarien</u>   |   | X   |   |   | X   |   |   |   | X   | X   |   | X   | X   |   |
| <u>Brownies chocolat</u>  |   |   |   | X   | X   | X   |   |   |   | X   |   |   | X   |   |

**Pain GRТА**

**X**

| Ingrédients | Label (GRТА ; MSC ; ASC) | Origines (PAYS / Zone FAO) | Méthode de pêche |
|-------------|--------------------------|----------------------------|------------------|
| Poulet      |                          | <b>France</b>              |                  |
| Bœuf        |                          | <b>Suisse</b>              |                  |