








































Liste des 14 allergènes principaux par recette - C C LA PERLANDE

| | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|
| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|  | Lundi 09 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Friand fromage | X | X | | | | | | | | | | | | |
|  | Nuggets de poisson | | X | | X | | | | | | | | | | |
|  | Carottes saveur orientale | | | | | | | | | | | | X | | |
|  | Yaourt nature sucré | X | | | | | | | | | | | | | |
|  | Banane | | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Mardi 10 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Chou blanc sauce mangue | X | X | | | X | | | | | | | | | |
|  | Blé aux lentilles et maïs | | X | | | | | | | X | | | | | |
|  | Emmental | X | | | | | | | | | | | | | |
|  | Panna cotta vanille | X | | | | X | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Jeudi 12 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Salade d'andouille et pommes | | | | | X | | | | | | | X | | |
|  | Torsade émincé de poulet sauce normande | X | X | | | | | | | | X | | | | |
|  | Camembert | X | | | | | | | | | | | | | |
|  | Tarte aux pommes | X | X | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |
|  | Vendredi 13 Mars - Déjeuner | | | | | | | | | | | | | | |
|  | Carottes râpées vinaigrette du terroir | | | | | X | | | | | | | X | | |
|  | Parmentier de poisson | X | X | | X | | | | | | X | | | | |
|  | Fondu Président® | X | | | | | | | | | | | | | |
|  | Mousse saveur crème brûlée | X | | | | | | | | | | | | | |
|  | Pain | | X | | | | | | | | | | | | |