

LISTE DES ALLERGÈNES



| Date | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|-----------------------------------|---|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 4 mai au 10 mai | | LE TEICH | | | | | | | | | | | | | |
| lun 4 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Croq veggie fromage | X | X | X | | | | | | | | | | | |
| | Purée de pommes de terre bio | X | | | | | | | | | | | | | |
| | Camembert bio | X | | | | | | | | | | | | | |
| | Compote de pomme-poire | | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Cookie au cacao | X | X | X | | | | | | | | | | | |
| mar 5 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Salade de tomates bio | | | | | | | | | | | | | | |
| | Sauté de boeuf LR sauce basquaise | | | | | | | | | | | | | | |
| | Coquillettes Bio aux petits légumes Bio | | X | | | | | | | | | | | | |
| | Yaourt aromatisé vanille Bio | X | | | | | | | | | | | | | |
| | Confiture de fraise | | | | | | | | | | | | | | |
| jeu 7 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Melon jaune | | | | | | | | | | | | | | |
| | Pilon de poulet BIO | | | | | | | | | | | | | | |
| | Riz bio façon paëlla | | | | | | | X | X | | | | | | |
| | Tarte grillée aux pommes | | X | X | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Madeleine | X | X | X | | | | | | | | | | | |

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|------------------------------------|----------------------------|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 11 mai au 17 mai | | LE TEICH | | | | | | | | | | | | | |
| lun 11 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Colin pané et citron | | X | | X | | | | | | | | | | |
| | Petits pois au jus | | | | | | | | | | | | | | |
| | Lait demi-écrémé équitable | X | | | | | | | | | | | | | |
| | Saint Morêt BIO | X | | | | | | | | | | | | | |
| | Banane France RUP | | | | | | | | | | | | | | |
| | Barre bretonne | X | X | X | | | | | | | | | | | |
| mar 12 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Concombre en salade | | | | | | | | | | | | | | |
| | Saucisse Toulouse au jus | X | | | | | | | | | X | | | | |
| | Lentilles bio | | | | | | | | | | | | | | |
| | Flan à la vanille bio | X | | | | | | | | | | | | | |
| | Chocolat au lait | X | | | | | | | | | | | | | |

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|------------------------------------|--|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 18 mai au 24 mai | | LE TEICH | | | | | | | | | | | | | |
| lun 18 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Boeuf FR cuit à l'étouffée sauce bourguignonne | X | | X | | X | | | | | | | | | |
| | Carottes et pommes de terre cube bio | | | | | | | | | | | | | | |
| | Cantal | X | | | | | | | | | | | | | |
| | Rocher coco choco | | | X | | | | | | X | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Coupelle de compote pomme-pêche | | | | | | | | | | | | | | |
| mar 19 mai | Confiture de fruits rouges | | | | | | | | | | | | | | |
| | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Pastèque bio | | | | | | | | | | | | | | |
| | Riz IGP au chili végétarien | | | | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| jeu 21 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Saucisson sec et beurre | X | | | | | | | | | | | | | |
| | Sauté de porc au jus | | | | | | | | | | X | | | | |
| | Chou-fleur bio à la ciboulette | | | | | | | | | | | | | | |
| | Crêpe sucré | X | X | X | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Palet breton | X | X | X | | | | | | | | | | | |
| ven 22 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Penne sauce fromagère à la dinde | X | X | | | | | | | | | | | | |
| | Fromage blanc bio et sucre | X | | | | | | | | | | | | | |
| | Chocolat au lait | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |

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|------------------------------------|--|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 25 mai au 31 mai | | LE TEICH | | | | | | | | | | | | | |
| mar 26 mai | Confiture d'Abricots | | | | | | | | | | | | | | |
| | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Cordon bleu de volaille | X | X | | | | | | | X | | | | | |
| | Purée de pommes de terre | X | | | | | | | | | | | | | |
| | Petit suisse aux fruits bio | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| jeu 28 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Omelette nature BIO | X | | X | | | | | | | | | | | |
| | Ratatouille bio et riz bio | | | | | | | | | | | | | | |
| | Saint Nectaire | X | | | | | | | | | | | | | |
| | Mister freeze | | X | | | | | | | | | | | | |
| | Banane France RUP | | | | | | | | | | | | | | |
| | Barre bretonne | X | X | X | | | | | | | | | | | |
| ven 29 mai | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Concombre en salade | | | | | | | | | | | | | | |
| | Filet de lieu noir sauce rougail | | | | X | X | | | | | | | | | |
| | Printanière de légumes Bio et base enrobante | | | | | | | | | | | | | | |
| | Chocolatine | X | X | X | | | | | | | | | | | |
| | Gâteau rond cerises griottes | X | X | X | | | | | | | | | | | |

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|------------------------------------|--|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 1 juin au 7 juin | | LE TEICH | | | | | | | | | | | | | |
| lun 1 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Escalope de poulet LR sauge | X | | | | X | | | | | | | | | |
| | Printanière de légumes Bio | | | | | | | | | | | | | | |
| | Emmental bio | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Confiture de fruits rouge | | | | | | | | | | | | | | |
| mar 2 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Salade de tomates bio | | | | | | | | | | | | | | |
| | Pavé de merlu sauce lombarde | X | | | X | | | | | | | | | | |
| | Riz camarguais IGP à la tomate | | | | | | | | | | | | | | |
| | Lait demi-écrémé équitable | X | | | | | | | | | | | | | |
| | Flan Caramel | X | | | | | | | | | | | | | |
| | Moëlleux au citron | X | X | X | | | | | | | | | | | |
| jeu 4 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Melon jaune bio | | | | | | | | | | | | | | |
| | Boulgour BIO égrené végétarien marocain. | | X | | | X | | | | | | | | | |
| | Yaourt aromatisé vanille Bio | X | | | | | | | | | | | | | |
| | Gaufrette vanille | X | X | | | | | | | X | | | | | |
| | Compote de pommes | | | | | | | | | | | | | | |
| ven 5 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Carotte râpées BIO au citron | | | | | X | | | | | | | | | |
| | Calamars à la romaine et sauce curry | X | X | | | | | | X | | | | X | | |
| | Courgettes bio aux herbes | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Tarte abricotine | X | X | X | | X | | | | | | | | | |
| | Brioche | | X | X | | | | | | | | | | | |

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|-------------------------------------|---|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 8 juin au 14 juin | | LE TEICH | | | | | | | | | | | | | |
| lun 8 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Saucisse Toulouse au jus | X | | | | | | | | | X | | | | |
| | Lentilles bio | | | | | | | | | | | | | | |
| | Carré de l'est bio | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Compote pomme-ananas | | | | | | | | | | | | | | |
| | Madeleine | X | X | X | | | | | | | | | | | |
| mar 9 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Melon charentais | | | | | | | | | | | | | | |
| | Semoule façon couscous BIO | | X | | | | | | | | X | | | | |
| | Petit suisse aux fruits bio | X | | | | | | | | | | | | | |
| | Chocolat au lait | X | | | | | | | | | | | | | |
| jeu 11 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Concombre bio vinaigrette | | | | | | | | | | | | | | |
| | Sauté de boeuf LR à la sauce bourgogne | X | | | | X | | | | | | | X | | |
| | Haricots verts bio persillés | | | | | | | | | | | | | | |
| | Pommes cubes vapeur bio | | | | | | | | | | | | | | |
| | Confiture de fraise | | | | | | | | | | | | | | |
| | Moelleux garniture framboise et spéculoos | X | X | X | | | | | | | | | | | |
| ven 12 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Filet de lieu noir sauce armoricaine | X | | | X | | | | | | X | | | | |
| | Riz créole | | | | | | | | | | | | | | |
| | Edam Bio | X | | | | | | | | | | | | | |
| | Timbale vanille fraise | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Gaufrette vanille | X | X | | | | | | | X | | | | | |

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|--------------------------------------|--|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| Période du 15 juin au 21 juin | | LE TEICH | | | | | | | | | | | | | |
| lun 15 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Oeufs durs bio, agrémentés de mayonnaise bio | | | X | | | | | | | | | X | | |
| | Tortelloni Pomodoro Mozzarella Bio à la tomate | X | X | X | | | | | | | | | | | |
| | Lait demi-écrémé équitable | X | | | | | | | | | | | | | |
| | Cookie au cacao | X | X | X | | | | | | | | | | | |
| | Purée de pommes abricots | | | | | | | | | | | | | | |
| mar 16 juin | Confiture d'Abricots | | | | | | | | | | | | | | |
| | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Pilon de poulet BIO | | | | | | | | | | | | | | |
| | Pommes dauphines | | X | X | | | | | | | | | | | |
| | Camembert bio | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| jeu 18 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Axoa de veau | | | | | | | | | | | | | | |
| | Riz créole | | | | | | | | | | | | | | |
| | Gâteau basque | X | X | X | | | | | | | | | | | |
| | Compote pomme-fraise | | | | | | | | | | | | | | |
| | Petit beurre | X | X | X | | | | | | | | | | | |
| ven 19 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Filet de lieu noir sauce nantua | X | | | X | X | | | | | | | | | |
| | Haricots verts bio persillés | | | | | | | | | | | | | | |
| | Fromage blanc bio nature | X | | | | | | | | | | | | | |
| | Chocolat au lait | X | | | | | | | | | | | | | |
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|--------------------------------------|----------------------------------|-----------------|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 22 juin au 28 juin | | LE TEICH | | | | | | | | | | | | | | |
| lun 22 juin | Pain 400 g bio | | X | | | | | | | | | | | | | |
| | Rôti de veau LR au jus | | | | | | | | | | X | | | | | |
| | Ratatouille bio et riz bio | | | | | | | | | | | | | | | |
| | Tomme bio | X | | | | | | | | | | | | | | |
| | Lait demi-écrémé équitable | X | | | | | | | | | | | | | | |
| | Brioche | | X | X | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | | |
| mar 23 juin | Pain 400 g bio | | X | | | | | | | | | | | | | |
| | Concombre BIO ciboulette | | | | | | | | | | | | | | | |
| | Pavé de merlu sauce oseille | X | | | X | X | | | | | | | | | | |
| | Spirales bio | | X | | | | | | | | | | | | | |
| | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | | |
| | Mister freeze | | X | | | | | | | | | | | | | |
| | Gaufrette vanille | X | X | | | | | | | X | | | | | | |
| jeu 25 juin | Pain 400 g bio | | X | | | | | | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | | |
| | Hot dog (Porc) | X | X | | | X | | | | | | | X | | | |
| | Pommes noisettes | | | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | | |
| | Moelleux myrtilles citron maison | X | X | X | | X | | | | | | | | | | |
| | Madeleine au chocolat | X | X | X | | | | | | | | | | | | |
| ven 26 juin | Pain 400 g bio | | X | | | | | | | | | | | | | |
| | Melon charentais | | | | | | | | | | | | | | | |
| | Semoule façon couscous BIO | | X | | | | | | | | X | | | | | |
| | Fromage blanc bio et sucre | X | | | | | | | | | | | | | | |
| | Chocolatine | X | X | X | | | | | | | | | | | | |

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| Période du 29 juin au 5 juillet | | LE TEICH | | | | | | | | | | | | | |
| lun 29 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Pastèque bio | | | | | | | | | | | | | | |
| | Cordon bleu de volaille | X | X | | | | | | | X | | | | | |
| | Penne | | X | | | | | | | | | | | | |
| | Yaourt aromatisé vanille Bio | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Moëlleux au citron | X | X | X | | | | | | | | | | | |
| mar 30 juin | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Omelette nature BIO | X | | X | | | | | | | | | | | |
| | Riz créole | | | | | | | | | | | | | | |
| | Gouda bio | X | | | | | | | | | | | | | |
| | Fruit bio | | | | | | | | | | | | | | |
| | Chocolat au lait | X | | | | | | | | | | | | | |
| jeu 2 juillet | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Confiture d'Abricots | | | | | | | | | | | | | | |
| ven 3 juillet | Pain 400 g bio | | X | | | | | | | | | | | | |
| | Melon charentais | | | | | | | | | | | | | | |
| | Jambon de paris | | | | | | | | | | | | | | |
| | Chips | | | | | | | | | | | | | | |
| | Beignet aux pommes | | | | | | | | | | | | | | |