

# LISTE DES ALLERGÈNES MAJEURS

| Date                                      | Plat                                | Lait  | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques                    | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|---|-------------------------------------|---|--------|------|----------|----------|------------------------------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 16 sept au 20 sept 2019</b> |                                     | <b>Maternelles et Élémentaires VILLAGES</b> |        |      |          |          | <b>SIST PERPIGNAN-MEDITERRANEE</b> |           |            |      |        |           |          |        |       |  |
| lun 16 septembre                          | Macédoine, agrémentée de mayonnaise |   |        | X    |          | X        |                                    |           |            |      |        |           | X        |        |       |  |
|   | Chou-fleur vinaigrette              |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Emincé de poulet au jus             | X   |        |      |          | X        |                                    |           |            | X    |        |           |          |        |       |  |
|   | Aubergines à la provençale          |   |        |      |          | X        |                                    |           |            |      |        |           |          |        |       |  |
|   | Riz BIO créole                      |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Yaourt nature sucré bio             | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Yaourt aux fruits BIO               | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Nectarines jaunes locales           |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Pastèque                            |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
| mar 17 septembre                          | Salade de tomates                   |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Salade asiatique                    |   | X      |      |          | X        |                                    |           |            | X    |        |           | X        |        |       |  |
|   | Sauté de veau sce hongroise         | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Lentilles vertes BIO à la paysanne  | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Coulommiers                         | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Saint Nectaire                      | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Melon charentais bio                |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Melon jaune bio                     |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
| mer 18 septembre                          | Melon charentais bio                |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Pastèque bio                        |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Saucisse Catalane                   |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Courgettes fraîches persillées      |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Camembert                           | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Tomme noire                         | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Eclair au chocolat                  | X   | X      | X    |          |          |                                    |           |            | X    |        |           |          |        |       |  |
|   | Eclair à la vanille                 | X   | X      | X    |          |          |                                    |           |            | X    |        |           |          |        |       |  |
| jeu 19 septembre                          | Méli mélo de salades vertes         |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Carottes râpées                     |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Bolognaise au Boeuf                 |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Spirales bio                        |   | X      |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Emmental râpé                       | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Compote de pomme vanille "maison"   |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Brisures de Spéculoos               |   | X      |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
| ven 20 septembre                          | Taboulé                             |   | X      |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | SaladeTennessee à la dinde          |   |        | X    |          | X        |                                    |           |            |      |        |           | X        |        |       |  |
|   | Cubes de colin pané                 | X   | X      |      | X        |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Epinars béchamel                    | X   | X      |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Fromage blanc sucré                 | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Fromage blanc aux fruits            | X   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Abricots bio                        |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |
|   | Pêche bio                           |   |        |      |          |          |                                    |           |            |      |        |           |          |        |       |  |