# Liste des 14 allergènes principaux par recette

| | Repas / Plat | Lait | Blé / | Oeuf | Poisson | Sulfites | Fruits à | Crustacé | Mollusqu | Céleri | Soja | Arachide | Moutard | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 10 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Endives aux pommes | | | | | | | | | | | | | | |
| | Escalope de veau hachée | | | | | | | | | | | | | | |
| | Gratin dauphinois | X | X | | | | X | | | | | | | | |
| | Yaourt brassé aux fruits Bio | X | | | | | | | | | | | | | |
| | **Mardi 11 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Potage Crécy | X | | | | X | | | | | | | | | |
| | Blanquette de volaille | X | X | | | | X | | | | | | | | |
| | Sauté de dinde sauce crème | X | X | | X | | X | | | | | | | | |
| | Macaroni Bio | X | X | | | | | | | | | | | | |
| | Pommes vapeur | X | | | | | | | | | | | | | |
| | Clémentine Bio | | | | | | | | | | | | | | |
| | **Mercredi 12 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Taboulé | | X | | | | | | | | | | | | |
| | Rôti de bœuf | | | | | | | | | | | | | | |
| | Gratin de brocolis béchamel | X | X | | | | X | | | | | | | | |
| | Emmental | | | | | | | | | | | | | | |
| | Gâteau au chocolat | X | X | X | | | X | | | | X | | | | |
| | **Jeudi 13 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Omelette Bio aux fines herbes | X | | X | | | | | | | | | | | |
| | Blé Bio | X | X | | | | | | | | | | | | |
| | Blé Bio et brunoise de légumes | X | X | | | | | | | X | | | | | |
| | Vache qui rit Bio | X | | | | | | | | | | | | | |
| | Pomme bicolore Bio | | | | | | | | | | | | | | |
| | **Vendredi 14 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Radis au fromage blanc | X | | | | | | | | | | | | | |
| | Filet de colin meunière et citron | X | X | X | X | | | X | X | | | | | | |
| | Haricots verts Bio | X | | | | | | | | | | | | | |
| | Pommes vapeur | X | | | | | | | | | | | | | |
| | Flan vanille caramel | X | | | | | | | | | | | | | |