

### Semaine 39

| Gluten | Crustacés | Oeufs | Poisson | Soja | Lait | F. à coques | Céleri | Moutarde | Sésame | Sulfite | Lupin | Mollusques | Arachides |
|--------|-----------|-------|---------|------|------|-------------|--------|----------|--------|---------|-------|------------|-----------|
|--------|-----------|-------|---------|------|------|-------------|--------|----------|--------|---------|-------|------------|-----------|

21/09/2026

SALADE D'AUTOMNE AUX BETTERAVES  
BIO ET CONFIT D'OIGNONS

ENDIVES LOCALES AUX POMMES  
LOCALES

VELOUTE D'AUTOMNE BIO CAROTTES  
PATATE DOUCE CHATAIGNE

ROTI DE VEAU AUX CHAMPIGNONS

FILET DE POISSON SUR LIT DE  
POIREAUX

\*GRATIN DE BUTTERNUT BIO

POELEE D'AUTOMNE AUX LEGUMES  
VERTS BIO

TOMME DE LA CROE BIO

CAILLADOU TOMME PASTEURISÉE AIL  
ET HERBES DE PROVENCE

\*TARTE AUX POMMES BIO

QUATRE-QUART D'AUTOMNE BIO

|   |  |   |   |  |   |   |   |   |  |   |  |  |  |
|---|--|---|---|--|---|---|---|---|--|---|--|--|--|
|   |  |   |   |  |   |   |   | X |  | X |  |  |  |
|   |  |   |   |  |   |   |   | X |  | X |  |  |  |
| X |  |   |   |  | X |   |   |   |  |   |  |  |  |
| X |  |   |   |  | X |   |   |   |  |   |  |  |  |
| X |  |   | X |  | X |   | X |   |  | X |  |  |  |
| X |  |   |   |  | X |   |   |   |  |   |  |  |  |
|   |  |   |   |  | X |   |   |   |  | X |  |  |  |
|   |  |   |   |  | X |   |   |   |  |   |  |  |  |
|   |  |   |   |  | X |   |   |   |  |   |  |  |  |
| X |  | X |   |  | X |   |   |   |  |   |  |  |  |
| X |  | X |   |  | X | X |   |   |  |   |  |  |  |

22/09/2026

\*CREPE AU FROMAGE

\*PIZZA BIO FROMAGE

TARTE AUX CHAMPIGNONS POIREAUX  
ET LARDONS

ROTI DE DINDE AU JUS

\*VRAC ARANCINI BIO TOMATE  
MOZZARELLA

VRAC PANE DE BLE TOMATE  
MOZZARELLA

MÉLI-MÉLO DE LÉGUMES VERTS ET  
CÉRÉALES BIO

\*POELEE DE FLAGEOLETS ET  
CAROTTES BIO

\*YAOURT NATURE SUCRE LOCAL

\*YAOURT DE L'ISERE AUX MYRTILLES

|   |  |   |  |   |   |  |  |  |  |   |  |  |  |
|---|--|---|--|---|---|--|--|--|--|---|--|--|--|
| X |  | X |  |   | X |  |  |  |  |   |  |  |  |
| X |  |   |  |   | X |  |  |  |  |   |  |  |  |
| X |  | X |  |   | X |  |  |  |  |   |  |  |  |
| X |  |   |  |   | X |  |  |  |  | X |  |  |  |
| X |  |   |  |   | X |  |  |  |  |   |  |  |  |
| X |  | X |  |   | X |  |  |  |  |   |  |  |  |
| X |  |   |  | X | X |  |  |  |  | X |  |  |  |
| X |  |   |  |   |   |  |  |  |  |   |  |  |  |
|   |  |   |  |   | X |  |  |  |  |   |  |  |  |
|   |  |   |  |   | X |  |  |  |  |   |  |  |  |

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| Gluten | Crustacés | Œufs | Poisson | Soja | Lait | F. à coques | Céleri | Moutarde | Sésame | Sulfite | Lupin | Mollusques | Arachides |
|--------|-----------|------|---------|------|------|-------------|--------|----------|--------|---------|-------|------------|-----------|
|--------|-----------|------|---------|------|------|-------------|--------|----------|--------|---------|-------|------------|-----------|

24/09/2026

SALADE MARAICHIERE BIO

SALADE MAROCAINE

CARBONNADE DE BOEUF BIO  
FLAMANDEMIJOTE DE POISSON SAUCE CURRY  
COCO

POLENTA CREMEUSE

\*RIZ BASMATI BIO

\*PLATEAU DE FROMAGE PETIT  
CROC'LAIT

|   |  |   |   |  |   |   |   |   |  |   |  |  |  |
|---|--|---|---|--|---|---|---|---|--|---|--|--|--|
|   |  |   |   |  |   |   | X | X |  | X |  |  |  |
|   |  |   |   |  |   |   |   | X |  | X |  |  |  |
| X |  |   |   |  | X | X |   | X |  | X |  |  |  |
| X |  |   | X |  | X |   | X |   |  | X |  |  |  |
|   |  | X |   |  | X |   |   |   |  |   |  |  |  |
|   |  |   |   |  | X |   |   |   |  |   |  |  |  |
|   |  |   |   |  | X |   |   |   |  |   |  |  |  |

25/09/2026

SALADE HARMONIE BIO

TOMATES LOCALES

SALADE BIO AUX AMANDES GRILLEES

HAUT DE CUISSE DE POULET AUX  
EPICES\*VRAC GALETTE VEGETAL BIO SAUCE  
TARTARE

\*DELICE DE CHARTREUSE

\*EMMENTAL BIO

|   |  |   |  |  |   |   |  |   |  |   |  |  |  |
|---|--|---|--|--|---|---|--|---|--|---|--|--|--|
|   |  |   |  |  |   |   |  | X |  | X |  |  |  |
|   |  |   |  |  |   |   |  | X |  | X |  |  |  |
|   |  |   |  |  |   | X |  |   |  |   |  |  |  |
| X |  |   |  |  | X |   |  |   |  | X |  |  |  |
| X |  | X |  |  |   |   |  | X |  | X |  |  |  |
|   |  |   |  |  | X |   |  |   |  |   |  |  |  |
|   |  |   |  |  | X |   |  |   |  |   |  |  |  |