

# LISTE DES ALLERGÈNES



| Date                             | Plat                            | Lait   | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|----------------------------------|---------------------------------|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 1 mai au 7 mai</b> |                                 | <b>Elémentaire LUNEL-VIEL - EC. LUNEL-VIEL GUSTAVE COURBET</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| mar 2 mai                        | Sandw triangle poulet tomate    |  | X            | X    |         |          |                 |           |            |      |        |           | X        |        |       |
|                                  | MIMOLETTE IND                   | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Chips                           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Pommes Granny                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Fourrandise au chocolat         |  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Pain 500 g                      |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| jeu 4 mai                        | Betteraves bio en salade        |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Macédoine bio et mayonnaise bio |  |              | X    |         |          |                 |           |            |      |        |           | X        |        |       |
|                                  | Rôti de porc                    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Rôti de dinde                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Pommes rissolées                |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Petit suisse aux fruits         | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Fromage blanc sucré             | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | KIWI bio                        |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Banane bio                      |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Dosette de ketchup              |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Pain 400 g bio                  |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| ven 5 mai                        | Salade de tomates bio           |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Salade coleslaw BIO             |  |              | X    |         |          |                 |           |            |      |        |           | X        |        |       |
|                                  | Filet de limande meunière       | X  | X            |      | X       |          |                 |           |            |      |        |           |          |        |       |
|                                  | Haricots verts bio persillés    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Emmental bio                    | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Edam Bio                        | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Cake pomme Tatin maison         | X  | X            | X    |         |          | X               |           |            |      |        |           |          |        |       |
|                                  | Pain d'épices                   |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Citron                          |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                  | Pain 500 g                      |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |

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|-----------------------------------|---------------------------------------|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 8 mai au 14 mai</b> |                                       | <b>Elémentaire LUNEL-VIEL - EC. LUNEL-VIEL GUSTAVE COURBET</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| mar 9 mai                         | Concombre en salade                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Salade fraîcheur                      |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Paupiette de veau forestière          | X  | X            | X    |         | X        |                 |           |            | X    |        |           |          |        |       |
|                                   | Petits pois à la paysanne             | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Gouda bio                             | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Carré frais bio                       | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Flan à la vanille bio                 | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Yaourt Les 2 vaches bio au citron     | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Pain 400 g bio                        |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| jeu 11 mai                        | Carottes râpées bio                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Salade chou chou BIO                  | X  |              | X    |         | X        |                 |           |            |      |        |           | X        |        |       |
|                                   | Escalope de dinde au jus              | X  | X            | X    |         | X        |                 |           |            |      |        |           |          |        |       |
|                                   | Lentilles bio                         |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Carré de l'est                        | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Montboissier                          | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Compote de pommes                     |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Poires au sirop                       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Pain 400 g bio                        |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| ven 12 mai                        | Friand au fromage                     | X  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Quiche lorraine                       | X  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Omelette bio                          |  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Ratatouille maison et blé             |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Yaourt nature sucré                   | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Petit suisse sucré                    | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Morceaux gourmands d'ananas frais bio |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Fruit bio                             |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                   | Pain 500 g                            |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|--|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 15 mai au 21 mai</b> |  | <b>Elémentaire LUNEL-VIEL - EC. LUNEL-VIEL GUSTAVE COURBET</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| lun 15 mai                         | Salade emmental et croûtons            | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Radis et beurre                        | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Hari. rouge BIO chili et riz BIO       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Tartare nature 16Gr                    | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Mimolette                              | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Liégeois au chocolat                   | X  |              |      |         |          |                 |           |            | X    |        |           |          |        |       |
|                                    | Crème anglaise                         | X  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Oeufs durs                             |  |              | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pain 400 g bio                         |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| mar 16 mai                         | Salade de maïs                         |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Salade de pommes de terre à la niçoise |  |              |      | X       | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Colin poêlé                            | X  | X            |      | X       |          |                 |           |            |      |        |           |          |        |       |
|                                    | Epinars hachés bio béchamel            | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Emmental bio                           | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Saint Paulin bio                       | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fruit bio                              |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fruit bio                              |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Citron                                 |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pain 500 g                             |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| jeu 18 mai                         | Tomate BIO à couper & mozzarella       | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Saucisses de Francfort                 |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Saucisses Francfort à la volaille      |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Churros de pdt et caottes Bio          | X  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Gaufre                                 | X  | X            | X    |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Chantilly en bombe                     | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Topping chocolat                       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Dosette de mayonnaise                  |  |              | X    |         | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Pain 400 g bio                         |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| ven 19 mai                         | Céleri rémoulade bio                   |  |              | X    |         | X        |                 |           |            |      | X      |           | X        |        |       |
|                                    | Courgettes bio râpées                  |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Paëlla au poisson                      | X  | X            | X    | X       | X        |                 | X         | X          |      |        |           |          |        |       |
|                                    | Camembert bio                          | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Edam Bio                               | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Cocktail de fruits au sirop            |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Compote pomme-cassis                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Citron                                 |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pain 400 g bio                         |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|---------------------------------|--|--------------|------|---------|----------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| <b>Période du 22 mai au 28 mai</b> |                                 | <b>Elémentaire</b>                                 |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    |                                 | <b>LUNEL-VIEL - EC. LUNEL-VIEL GUSTAVE COURBET</b> |              |      |         |          |                 |           |            |      |        |           |          |        |       |
| lun 22 mai                         | Salade de lentilles bio         |  |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Salade de pois chiche BIO       |  |              |      |         | X        |                 |           |            |      |        |           | X        |        |       |
|                                    | Chicken wings                   |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Haricots verts saveur Soleil    |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Yaourt aromatisé                | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Petit suisse sucré              | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fruit bio                       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Fruit bio                       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pain 400 g bio                  |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
| mar 23 mai                         | Concombre à la crème ciboulette | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Cœur de scarole croquante       |  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Hachis Parmentier maison bio    | X  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Tomme bio                       | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Carré de l'est bio              | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Mousse au chocolat au lait      | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Flan nappé au caramel           | X  |              |      |         |          |                 |           |            |      |        |           |          |        |       |
|                                    | Pain 500 g                      |  | X            |      |         |          |                 |           |            |      |        |           |          |        |       |

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|------------------------------------|--------------------------------------|--------------------|--------------|------|---------|--|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 29 mai au 4 juin</b> |                                      | <b>Elémentaire</b> |              |      |         | <b>LUNEL-VIEL - EC. LUNEL-VIEL GUSTAVE COURBET</b> |                 |           |            |      |        |           |          |        |       |  |
| lun 29 mai                         | Pâté en croûte                       |                    | X            | X    |         |  |                 |           |            | X    | X      |           |          |        |       |  |
|                                    | Oeufs durs mayonnaise                |                    |              | X    |         | X  |                 |           |            |      |        |           | X        |        |       |  |
|                                    | Poisson blanc gratiné au fromage     | X                  | X            | X    | X       |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | carottes bio ail & origan            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Yaourt brassé banane BIO.            | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Yaourt Les 2 vaches bio à la vanille | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Fruit bio                            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Fruit bio                            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Pain 500 g                           |                    | X            |      |         |  |                 |           |            |      |        |           |          |        |       |  |
| mar 30 mai                         | Melon charentais (LOCAL).            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Tomate Croq Sel                      |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Boulettes boeuf BIO dijonnaise       | X                  | X            |      |         | X  |                 |           |            |      |        |           | X        |        |       |  |
|                                    | Coquillettes bio                     |                    | X            |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Edam Bio                             | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Camembert bio                        | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Petit pot vanille-chocolat           | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Dosette de sel                       |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Pain 500 g                           |                    | X            |      |         |  |                 |           |            |      |        |           |          |        |       |  |
| jeu 1 juin                         | Laitue Iceberg                       |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Salade grecque                       | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Gardianne de Taureau                 | X                  | X            | X    |         | X  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Riz bio créole                       |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Rondelé nature                       | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Tomme de Savoie                      | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Coup. purée pomme poire BIO          |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Compote pomme-banane bio             |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Pain 400 g bio                       |                    | X            |      |         |  |                 |           |            |      |        |           |          |        |       |  |
| ven 2 juin                         | Salade de penne bio à la parisienne  |                    | X            |      |         | X  |                 |           |            |      |        |           | X        |        |       |  |
|                                    | Salade de blé bio à l'orientale      |                    | X            |      |         | X  |                 |           |            |      |        |           | X        |        |       |  |
|                                    | Cube de colin pané                   | X                  | X            |      | X       |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Courgettes béchamel                  | X                  | X            |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Coulommiers                          | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Fourme d'Ambert                      | X                  |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Fruit bio                            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |
|                                    | Fruit bio                            |                    |              |      |         |  |                 |           |            |      |        |           |          |        |       |  |