

# Liste des 14 allergènes principaux par recette

|                                                                                   |                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                   | Repas / Plat                      | Lait                                                                              | Blé / Gluten                                                                      | Oeuf                                                                              | Poisson                                                                           | Sulfites                                                                           | Fruits à coques                                                                     | Crustacés                                                                           | Mollusques                                                                          | Céleri                                                                              | Soja                                                                                | Arachides                                                                           | Moutarde                                                                            | Sésame                                                                              | Lupin                                                                               |
|    | <b>Lundi 12 Mai - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Mortadelle                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Macaroni bolognaise Bio           | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Camembert                         | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Compote pommes fraises Bio        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Pain                              |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Mardi 13 Mai - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Coleslaw Bio                      |                                                                                   |                                                                                   | X                                                                                 |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Couscous merguez Bio              |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Yaourt nature sucré Bio           | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Fruits de saison Bio              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Pain                              |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Mercredi 14 Mai - Déjeuner</b> |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Taboulé de céréales               |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Filet de colin meunière           |                                                                                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Ratatouille Bio                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Gouda Bio                         | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Cookie                            | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Pain                              |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | <b>Jeudi 15 Mai - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Salade club                       | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Sauté de porc                     |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Courgettes Bio à la persillade    | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Fromage blanc Bio                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Cake aux pommes Bio               |                                                                                   | X                                                                                 | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Pain                              |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | <b>Vendredi 16 Mai - Déjeuner</b> |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Concombre bio alpin               | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|  | Riz à la nîmoise                  |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 | X                                                                                  |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |

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|                                                                                 | Repas / Plat             | Lait                                                                              | Blé /<br>Gluten                                                                   | Oeuf                                                                              | Poisson                                                                           | Sulfites                                                                           | Fruits à<br>coques                                                                  | Crustacés                                                                           | Mollusques                                                                          | Céleri                                                                              | Soja                                                                                | Arachides                                                                           | Moutarde                                                                            | Sésame                                                                              | Lupin                                                                               |
|  | Riz Bio pilaf            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Vache qui rit Bio        | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Fraises locales au sucre |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Pain                     |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |