# 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 20 Mars - Déjeuner** | | | | | | | | | | | | | | |
| | Velouté carotte coco curcuma | | | | | X | | | | | | | | | |
| | Blanquette de colin | X | X | | X | | | | | | | | | | |
| | Chipolatas aux herbes | | | | | X | | | | | | | | | |
| | Fondue de poireaux | X | | | | | | | | | | | | | |
| | Semoule aux épices | | X | | | | | | | | | | X | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | **Mardi 21 Mars - Déjeuner** | | | | | | | | | | | | | | |
| | Coleslaw | | | X | | X | | | | | | | X | | |
| | Pavé de lieu sauce crème | X | | | X | | | | | | | | | | |
| | Penne à la bolognaise | X | X | | | X | | | | | | | | | |
| | Coquillettes | | X | | | | | | | | | | | | |
| | Petits pois carottes saveur du jardin | | | | | | | | | | | | | | |
| | Fromage blanc | X | | | | | | | | | | | | | |
| | **Jeudi 23 Mars - Déjeuner** | | | | | | | | | | | | | | |
| | Friand au fromage | X | X | X | | | | | | | | | | | |
| | Omelette nature | X | | X | | | | | | | | | | | |
| | Carottes braisées | X | | | | | | | | X | | | | | |
| | Pommes cubes rissolées | | | | | | | | | | | | | | |
| | Cake aux pépites de chocolat | X | X | X | | | | | | | X | | | | |
| | **Vendredi 24 Mars - Déjeuner** | | | | | | | | | | | | | | |
| | Croquettes de poisson à l'ail | X | X | | X | | | | | | | | X | | |
| | Epinards branche indi | X | X | X | | | | | | X | | | X | | |
| | Purée de pommes de terre | X | | | | X | | | | | X | | | | |
| | Assortiment de fromages et laitages | X | | | | | | | | | | | | | |
| | Flan chocolat | X | | | | | | | | | | | | | |