

LISTE DES ALLERGÈNES MAJEURS



| Date | Plat | Lait | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin | |
|---|-------------------------------------|-------------------------|--------|------|----------|------------------------------------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 15 janvier au 19 janvier 2018 | | Crèche 6/12 mois | | | | SIST PERPIGNAN MEDITERRANEE | | | | | | | | | | |
| lun 15 janvier | Filet de hoki poché | | | | X | | | | | | | | | | | |
| | Purée de pommes de terre BIO nature | | | | | | | | | | | | | | | |
| | Haricots verts BIO | | | | | | | | | | | | | | | |
| | Yaourt Les 2 vaches nature bio | X | | | | | | | | | | | | | | |
| | Compote de poires BIO | | | | | | | | | | | | | | | |
| | Compote pommes bio | | | | | | | | | | | | | | | |
| mar 16 janvier | Boeuf cuit à l'étouffée | | | | | | | | | | | | | | | |
| | Purée de pommes de terre BIO nature | | | | | | | | | | | | | | | |
| | Carottes Vichy bio | | | | | | | | | | | | | | | |
| | Fromage blanc BIO NATURE | X | | | | | | | | | | | | | | |
| | Compote de pommes vanille BIO | | | | | | | | | | | | | | | |
| | Compote de pomme-abricot bio | | | | | | | | | | | | | | | |
| mer 17 janvier | Escalope de poulet | | | | | | | | | X | | | | | | |
| | Purée de pommes de terre BIO nature | | | | | | | | | | | | | | | |
| | Potiron bio | | | | | | | | | | | | | | | |
| | Yaourt nature BIO | X | | | | | | | | | | | | | | |
| | Compote pommes bio | | | | | | | | | | | | | | | |
| | Compote de poires BIO | | | | | | | | | | | | | | | |
| jeu 18 janvier | Steak de colin sans sauce | | | | X | | | | | | | | | | | |
| | Purée de pommes de terre BIO nature | | | | | | | | | | | | | | | |
| | Courgettes bio | | | | | | | | | | | | | | | |
| | Fromage blanc BIO NATURE | X | | | | | | | | | | | | | | |
| | Compote pomme-banane BIO | | | | | | | | | | | | | | | |
| | Compote pomme-fraise bio | | | | | | | | | | | | | | | |
| ven 19 janvier | Escalope de dinde | | | | | | | | | | | | | | | |
| | Purée de pommes de terre BIO nature | | | | | | | | | | | | | | | |
| | Epinards hachés bio | | | | | | | | | | | | | | | |
| | Yaourt nature BIO | X | | | | | | | | | | | | | | |
| | Compote de poires BIO | | | | | | | | | | | | | | | |
| | Compote pommes bio | | | | | | | | | | | | | | | |

| Date | Plat | Lait | Gluten | Oeuf | Poissons | Sulfites | Fruits à coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin | |
|---|--|------------------------|--------|------|----------|------------------------------------|-----------------|-----------|------------|------|--------|-----------|----------|--------|-------|--|
| Période du 15 janvier au 19 janvier 2018 | | Crèche +18 mois | | | | SIST PERPIGNAN MEDITERRANEE | | | | | | | | | | |
| lun 15 janvier | Salade coleslaw BIO | | | X | | | | | | | | | X | | | |
| | Filet de hoki au court bouillon | | | | X | | | | | | | | | | | |
| | Haricots verts bio aux parfums du jardin | | | | | | | | | | | | | | | |
| | Riz BIO créole | | | | | | | | | | | | | | | |
| | Carré de l'Est BIO | X | | | | | | | | | | | | | | |
| | Yaourt Les 2 vaches nature bio | X | | | | | | | | | | | | | | |
| | Compote pommes bio | | | | | | | | | | | | | | | |
| mar 16 janvier | Betteraves bio | | | | | | | | | | | | | | | |
| | Boeuf RAV cuit à l'étouffée au jus | X | | X | | X | | | | | | | | | | |
| | Légumes du pot au feu BIO | | X | | | | | | | X | | | | | | |
| | Fromage blanc BIO NATURE | X | | | | | | | | | | | | | | |
| | Saint Paulin BIO | X | | | | | | | | | | | | | | |
| | Galette au beurre bio | X | X | X | | | | | | | | | | | | |
| | Fruit de saison BIO | | | | | | | | | | | | | | | |
| mer 17 janvier | Potage au potiron bio | X | | | | | | | | | X | | | | | |
| | Emincé de poulet sauce tajine | X | | | | | | | | X | | | | | | |
| | Semoule BIO | | X | | | | | | | | | | | | | |
| | Yaourt nature BIO | X | | | | | | | | | | | | | | |
| | Petit suisse aux fruits bio | X | | | | | | | | | | | | | | |
| | Fruit de saison BIO | | | | | | | | | | | | | | | |
| | Biscuit nappé au chocolat bio | X | X | | | | | | | X | | | | | | |
| jeu 18 janvier | Salade verte bio | | | | | | | | | | | | | | | |
| | Filet de colin lieu sauce citron | | | | X | | | | | | | | | | | |
| | Bouquet de brocolis bio béchamel | X | X | | | | | | | | | | | | | |
| | Blé BIO | | X | | | | | | | | | | | | | |
| | Emmental bio | X | | | | | | | | | | | | | | |
| | Fromage blanc BIO NATURE | X | | | | | | | | | | | | | | |
| | Fruit de saison BIO | | | | | | | | | | | | | | | |
| | Cake bio | | X | X | | | | | | | | | | | | |
| ven 19 janvier | Potage épinards BIO | X | | | | X | | | | | | | | | | |
| | Sauté de dinde aux champignons | X | | X | | X | | | | | | | | | | |
| | Quinoa bio | | | | | | | | | | | | | | | |
| | Camembert BIO | X | | | | | | | | | | | | | | |
| | Fruit de saison BIO | | | | | | | | | | | | | | | |
| | Lait de croissance BIO | X | | | | | | | | X | | | | | | |
| | Miel de fleurs bio | | | | | | | | | | | | | | | |