

# LISTE DES ALLERGENES - GROSLAY

Semaine du 6 au 10 octobre 2025

| Repas / Plat                               | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|--|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| <b>Lundi 06 Octobre - Déjeuner</b>         |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Salade de maïs                             |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| Croque-monsieur                            | X    | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| Salade verte                               |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Edam                                       | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Yaourt nature sucré                        | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Compote pommes abricots                    |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| <b>Mardi 07 Octobre - Déjeuner</b>         |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Mortadelle                                 |      |              |      |         | X        |                 |           |            |        | X    |           | X        |        |       |
| Salade club                                | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Sauté de bœuf au paprika                   |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| Boulgour Créole                            |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| Carottes rôties                            |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Mimolette                                  | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Yaourt aromatisé                           | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Corbeille de fruits                        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Grillé aux pommes                          | X    | X            | X    |         |          |                 |           |            |        |      |           |          |        |       |
| <b>Mercredi 08 Octobre - Déjeuner</b>      |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Velouté légumes                            | X    | X            |      |         |          |                 |           |            | X      |      |           |          |        |       |
| Brochette de dinde orientale               | X    | X            |      |         |          |                 |           |            |        |      |           | X        |        |       |
| Filet de colin sauce tomate vanillée       |      |              |      | X       |          |                 |           |            |        |      |           |          |        |       |
| Courgettes ail basilic                     |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Riz  |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Brie                                       | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Fromage blanc sucré                        | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Corbeille de fruits                        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Mousse pralinée                            | X    |              |      |         |          | X               |           |            |        |      |           |          |        |       |
| <b>Jeudi 09 Octobre - Déjeuner</b>         |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Carottes râpées Bio vinaigrette du terroir |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| Couscous végétarien                        |      | X            |      |         |          |                 |           |            | X      |      |           |          |        |       |
| Légumes couscous                           |      |              |      |         |          |                 |           |            | X      |      |           |          |        |       |
| Semoule                                    |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| Fromage frais aux fruits                   | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Gouda                                      | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Corbeille de fruits                        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Gâteau au chocolat                         | X    | X            | X    |         |          |                 |           |            |        |      |           |          |        |       |
| <b>Vendredi 10 Octobre - Déjeuner</b>      |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Betteraves                                 |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Filet de colin meunière sauce barbecue     | X    | X            | X    | X       |          |                 |           |            |        |      |           |          |        |       |
| Frite steakhouse                           |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Vache qui rit®                             | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Corbeille de fruits                        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| Flan vanille                               | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |