# Liste des 14 allergènes principaux par recette

| | Repas / Plat | Lait | Blé / | Oeuf | Poisson | Sulfites | Fruits à | Crustac | Mollusq | Céleri | Soja | Arachid | Moutard | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 11 Octobre - Déjeuner** | | | | | | | | | | | | | | |
| | Betteraves | | | | | | | | | | | | | | |
| | Haricots verts au maïs | | | | | | | | | | | | | | |
| | Saucisson à l'ail | | X | | | X | | | | | X | | X | | |
| | Colin sauce colombo et coriandre | X | X | | X | X | | | | | | | | | |
| | Suprême de volaille tandoori | X | | | | | | | | X | | | X | | |
| | Courgettes à la provençale | | X | | | X | | | | X | | | X | | |
| | Semoule berbère | | X | | | | | | | | | | | | |
| | Carré de l'Est | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Compote de pommes et abricots | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Entremets au caramel | X | | | | | | | | | | | | | |
| | Gaufre sauce chocolat | X | X | X | | | | | | | X | | | | |
| | **Mardi 12 Octobre - Déjeuner** | | | | | | | | | | | | | | |
| | Carottes râpées | | | | | | | | | | | | | | |
| | Quiche lorraine | X | X | X | | | | | | | | | | | |
| | Salade des alpages | X | | X | | X | | | | | | | X | | |
| | Macaroni à la carbonara | X | X | X | | | | | | | | | | | |
| | Tomate farcie | | | | | | | | | | X | | | | |
| | Carottes au cumin | | | | | | | | | X | | | X | | |
| | Macaroni à l'emmental | X | X | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Cocktail de fruits | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Entremets à la vanille | X | | | | | | | | | | | | | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Panna cotta au chocolat | X | | | | | | | | | | | | | |
| | **Jeudi 14 Octobre - Déjeuner** | | | | | | | | | | | | | | |
| | Pissaladière | X | X | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Salade de penne vinaigrette | X | X | X | | X | | | | | | | X | | |
| | Tomates et concombres miel et colombo | | | | | X | | | | | | | X | | |
| | Boulettes de bœuf au curry | X | X | | | X | | | | | X | | | | |
| | Nuggets de blé | | X | | | | | | | | | | | | |
| | Blé pilaf | | X | | | | | | | | | | | | |
| | Brunoise de légumes | X | | | | | | | | X | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Flan vanille caramel | X | | | | | | | | | | | | | |
| | Fromage blanc aux fruits rouges | X | | | | | | | | | | | | | |
| | Gâteau au yaourt | X | X | X | | | | | | | | | | | |
| | Mousse à la noix de coco | X | | | | | | | | | | | | | |
| | Salade orange | | | | | | | | | | | | | | |
| | **Vendredi 15 Octobre - Déjeuner** | | | | | | | | | | | | | | |
| | Œufs durs sauce cocktail | | | X | | X | | | | X | | | X | | |
| | Rémoulade mystère | X | | X | | X | | | | | | | X | | |
| | Salade pyrénéenne | X | X | | | | | | | | | | | | |
| | Filet de colin sauce ciboulette | X | X | | X | | | | | | | | | | |
| | Mijoté de volaille aux raisins et cumin | | X | | | | | | | | | | | | |
| | Poêlée de légumes | | | | | | | | | | | | | | |
| | Pommes sautées | | | | | | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Compote de pommes | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Entremets au praliné | X | | | | | X | | | | | | | | |
| | Mini-choux à la vanille et chocolat | X | X | X | | | | | | | | | | | |