# Liste des 14 allergènes principaux par recette - COLLEGE NOTRE DAME DE GRACE

| | Repas / Plat | Lait | Blé / | Oeuf | Poisson | Sulfites | Fruits à | Crustac | Mollusq | Céleri | Soja | Arachid | Moutard | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 21 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Betterave vinaigrette agrume | | | | | X | | | | | | | X | | |
| | Pâté de campagne | X | X | X | | X | | | | X | X | | X | | |
| | Quiche lorraine | X | X | X | X | | | X | X | X | | | X | | |
| | Beignet calamar | | X | | | | | | X | | | | | | |
| | Sauté de bœuf mironton | | X | | | X | | | | X | | | X | | |
| | Petits pois carottes | X | | | | | | | | | | | | | |
| | Pommes frites | | | | | | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Abricots à la créme | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | Grillé aux pommes | | X | | | | | | | | | | | | |
| | **Mardi 22 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Assiette de salami | X | | | | X | | | | | | | X | | |
| | Céleri rémoulade | | | X | | X | | | | X | | | X | | |
| | Friand au fromage | X | X | X | | | | | | | | | | | |
| | Boulettes de bœuf sauce tomate | | X | | | X | | | | | X | | | | |
| | Escalope de porc à la provençale | | X | | | X | | | | | | | | | |
| | Cordiale de légumes | X | X | | | | | | | X | | | | | |
| | Purée de pommes de terre | X | | | | X | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Compote pommes fraises | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Rose des sables | | X | | | | | | | | | | | | |
| | **Jeudi 24 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Chou blanc sauce échalote | X | | X | | X | | | | | | | X | | |
| | Pâté de foie | X | X | | | X | | | | | X | | X | | |
| | Tarte 3 fromages | X | X | X | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Blanquette de saumon | X | X | | X | X | | | | | | | | | |
| | Poulet au gingembre (Shogayaki) | | X | | | | | | | X | X | | | X | |
| | Carottes confites au miel | | | | | X | | | | | | | X | | |
| | Riz pilaf | | | | | | | | | | | | | | |
| | Tomme grise | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Cake à la noix de coco | X | X | X | | | | | | | | | | | |
| | Fromage blanc compote de pommes | X | | | | | | | | | | | | | |
| | Fruit de saison | | | | | | | | | | | | | | |
| | **Vendredi 25 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Carottes marinées à la japonaise | | X | | | | | | | | X | | | | |
| | Mortadelle | | | | | X | | | | | X | | X | | |
| | Pizza au fromage | X | X | X | | | | | | | | | | | |
| | Croquettes de poisson à l'ail | X | X | | X | | | | | | | | X | | |
| | Rôti de dinde sauce chasseur | | X | | | X | | | | | | | | | |
| | Ratatouille | | | | | | | | | | | | | | |
| | Torsade | X | X | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Entremets au citron | X | | | | | | | | | | | | | |
| | Flan vanille caramel | X | | | | | | | | | | | | | |