ECOLE JEAN D'ORMESSON ST JEAN DE VEDAS
l.poirel@saintjeandevedas.fr

| Semaine | Date | Plat | Lalt | Córćales du gluten | Frults à coques | Arachldes | Sola | Oouts | Polssons | Crustacts | Mollusques | S6samas | Cstor | Moutarde | Suliftes | Lupln |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2024-12 | Iun. 18 mars | Croq veggie au fromage | P | P |  |  | T | P |  |  |  |  | T | T |  |  |
|  |  | Farfalles à la tomate |  | P |  |  |  | T |  |  |  |  |  |  |  |  |
|  |  | Lou mirabel | P |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | COMPOTE DE POMMES BIO |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | mar. 19 mar: | Céleri râpé BIO sauce rémoulade |  |  |  |  |  | P |  |  |  |  | P | P |  |  |
|  |  | Aiguillettes panée de blé et emmental | P | P |  |  |  | P |  |  |  |  |  |  |  |  |
|  |  | Steak haché sauce diable | P | P |  |  |  |  |  |  |  |  |  | P | P |  |
|  |  | Choux Fleur Persillés | P |  |  |  |  |  |  |  |  |  |  |  | P |  |
|  |  | ECLAIR AU CHOCOLAT | P | P | T | T | P | P |  |  |  |  |  |  |  |  |
|  | jeu. 21 mars | SALADE VERTE BIO |  | T |  |  | T |  |  |  |  | T |  | P | P | T |
|  |  | Paëlla Poulet |  |  |  |  | T |  | P | P | P |  | T |  | T |  |
|  |  | Pois chiches à la tomate |  | P |  |  |  |  |  |  |  |  |  |  | P |  |
|  |  | Riz paëlla |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Crème catalane maison | P |  |  |  |  | P |  |  |  |  |  |  |  |  |
|  | ven. 22 mars | Calamars à la romaine et citron | T | P |  |  |  | T | T | T | P |  |  |  |  |  |
|  |  | Nuggets végétal | T | P |  |  | T | T | T |  | T |  | P |  |  |  |
|  |  | Carottes BIO persillées | P | T |  |  | T | T |  |  |  |  | T |  | P |  |
|  |  | Crème anglaise | P |  |  |  |  | P |  |  |  |  |  |  |  |  |
|  |  | Muffin au chocolat | P | P | I | T | P | P |  |  |  | T |  |  |  |  |

