



	lundi 17	mardi 18	mercredi 19 centre de loisirs	jeudi 20	vendredi 21
entrée 	taboulé	carottes râpées	émincé jambon fromage salade	potage de légumes	feuilleté au fromage salade
	X [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	X [] [] [] [] []
plat principal 	steak de poulet	boulette d'agneau	araignée de porc grillées	paëlla	poisson pané
	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []		[] [] [] [] [] []
légume 	trio de légumes	semoule ratatouille	frites		purée verte
	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	X [] [] [] [] []
fromage 	st nectaire	comté			
	X [] [] [] [] [] []	X [] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []
dessert 	Fruit	compote bio	ananas au sirop	nappé caramel bio	crème brésilienne
	[] [] [] [] [] []	[] [] [] [] [] []	[] [] [] [] [] []	X [] [] [] [] [] []	X [] [] [] [] [] []
goûter 	baguette confiture yaourt nature bio	entremet polenta au fruit jus d'orange	brioche yaourt à boire	baguette chocolat yaourt aromatisé bio	lait bio céréale
	X [] [] [] [] [] []	X [] [] [] [] [] []	X [] [] [] [] [] []	X [] [] [] [] [] []	X [] [] [] [] [] []
groupes d'aliments et code couleur	GROUPE 1 lait et produits laitiers	GROUPE 2 viandes-poissons- œufs	GROUPE 3 légumes et fruits	GROUPE 4 féculents et légumes secs	GROUPE 5 matières grasses