

ALLERGENES RESTAURANTS SCOLAIRES DE ROSNY SOUS BOIS

| Date | Famille | Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------------------|---------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 02/09/2024 | HORS D'OEUVRE | Tomates BIO vinaigrette | | | | | | | | | | | | | | |
| | PLAT PRINCIPAL | Bouchée de soja Nature. | | X | | | | | | | X | X | | | | |
| | GARNITURE | Haricots verts BIO persillés | | | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Fraidou | X | | | | | | | | | | | | | |
| | DESSERT | Compote pomme fraise | | | | | | | | | | | | | | |
| | DIVERS | EMMENTAL CUBE | X | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Lait demi écrémé litre équitale | X | | | | | | | | | | | | | |
| | DESSERT | Fruit de saison 1 | | | | | | | | | | | | | | |
| DESSERT | Madeleine Longue | X | X | X | | | | | | | | | | | | |
| 03/09/2024 | PLAT PRINCIPAL | Brandade de poisson cuisinée | X | | | X | X | | | | | | | | | |
| | GARNITURE | Salade verte. | | | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Yaourt nature BIO et sucre | X | | | | | | | | | | | | | |
| | DESSERT | Fruit local 1 | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Petit moulé nature | X | | | | | | | | | | | | | |
| | DESSERT | Coupelle compote pomme banane | | | | | | | | | | | | | | |
| PAIN | Baguette 250 g | | X | | | | | | | | | | | | | |
| 04/09/2024 | PLAT PRINCIPAL | Merguez au jus | | | | | | | | | X | | | X | | |
| | GARNITURE | Semoule BIO aux petits légumes | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Cantal | X | | | | | | | | | | | | | |
| | DESSERT | Banane (vrac) FRANCE RUP | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Fromage frais sucré | X | | | | | | | | | | | | | |
| | DESSERT | Cake au chocolat | X | X | X | | | | | | | X | | | | |
| DIVERS | Jus de fruits multifruits. | | | | | | | | | | | | | | | |
| 05/09/2024 | HORS D'OEUVRE | Pastèque BIO | | | | | | | | | | | | | | |
| | PLAT PRINCIPAL | Rôti de boeuf RAV S/SAUCE | | | | | | | | | | | | | | |
| | GARNITURE | Frites au four | | | | | | | | | | | | | | |
| | DESSERT | Liégeois à la vanille | X | | | | | | | | | | | | | |
| | DIVERS | Barquette plastique 1/2 | | | | | | | | | | | | | | |
| | DIVERS | Dosette de mayonnaise | | | X | | X | | | | | | | X | | |
| | DIVERS | Limonade 1.5 Lit | | | | | | | | | | | | | | |
| | DIVERS | Sirop de grenadine | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Lait demi écrémé litre équitale | X | | | | | | | | | | | | | |
| | DESSERT | Croissant | X | X | X | | | | | | | | | | | |
| DESSERT | Fruit de saison 1 | | | | | | | | | | | | | | | |
| 06/09/2024 | HORS D'OEUVRE | Carottes râpées BIO | | | | | | | | | | | | | | |
| | PLAT PRINCIPAL | Cube de hoki pané | | X | | X | | | | | | | | | | |
| | GARNITURE | Courgettes à l'ail | | | | | | | | | | | | | | |
| | DESSERT | Cake spéculoos | X | X | X | | | | | | | | | | | |
| | DIVERS | CITRON | | | | | | | | | | | | | | |
| | DIVERS | Crème anglaise. | X | | X | | | | | | | | | | | |
| | DIVERS | Vinaigrette tradi au miel | | | | | X | | | | | | | X | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | DESSERT | Fruit de saison 1 | | | | | | | | | | | | | | |
| | DIVERS | Coupelle confiture de fraise | | | | | | | | | | | | | | |
| PAIN | Baguette aux céréales 250 g | | X | | | | | X | | | | | | | | |

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|------------|----------------------------|----------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 21/10/2024 | HORS D'OEUVRE | Macédoine mayonnaise | | | X | | X | | | | | | | X | | |
| | PLAT PRINCIPAL | Brandade de poisson cuisinée | X | | | X | X | | | | | | | | | |
| | GARNITURE | Salade verte BIO. | | | | | | | | | | | | | | |
| | DESSERT | Géllifié chocolat. | X | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Yaourt nature et sucre | X | | | | | | | | | | | | | |
| | DESSERT | Fruit de saison 1 | | | | | | | | | | | | | | |
| | DESSERT | Moëlleux au citron | | | X | X | | | | | | | | | | |
| 22/10/2024 | PLAT PRINCIPAL | Sauté de boeuf RAV laqué japon | | X | | | | | | | | X | | | | |
| | GARNITURE | Riz basmati | | | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Fromage frais aux fruits BIO. | X | | | | | | | | | | | | | |
| | DESSERT | Ananas frais | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Lait demi écrémé litre équitable | X | | | | | | | | | | | | | |
| | DESSERT | Coupelle compote pomme fraise | | | | | | | | | | | | | | |
| | DIVERS | Coupelle de miel | | | | | | | | | | | | | | |
| | PAIN | Baguette 250 g | | X | | | | | | | | | | | | |
| 23/10/2024 | PLAT PRINCIPAL | Rôti de dinde LR blanquette. | X | | | | | | | | X | | | | | |
| | GARNITURE | Printanière de légumes | | | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Comté AOP | X | | | | | | | | | | | | | |
| | DESSERT | Fruit de saison BIO 1 | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Fromage frais sucré | X | | | | | | | | | | | | | |
| | DESSERT | Cake épeautre poire | X | X | X | | | | | | | | | | | |
| DESSERT | Pur jus de raisin litre | | | | | | | | | | | | | | | |
| 24/10/2024 | HORS D'OEUVRE | Chou rouge enrobante ail BIO | X | | X | | X | | | | | | | X | | |
| | PLAT PRINCIPAL | Penne et base petits pois crème | X | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Fromage / laitage local 01 | X | | | | | | | | | | | | | |
| | DESSERT | Fruit local 1 | | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Pavé 1/2 sel | X | | | | | | | | | | | | | |
| | DIVERS | Jus de fruits multifruits. | | | | | | | | | | | | | | |
| PAIN | Baguette de campagne 250 g | | X | | | | | | | | | | | | | |
| 25/10/2024 | HORS D'OEUVRE | Carottes râpées BIO | | | | | | | | | | | | | | |
| | PLAT PRINCIPAL | Filet de lieu noir citron | X | | | X | | | | | | | | | | |
| | GARNITURE | Chou-fleur béchamel | X | X | | | | | | | | | | | | |
| | DESSERT | Chou à la vanille | X | X | X | | | X | | | | X | | | X | |
| | DIVERS | MIMOLETTE CUBE | X | | | | | | | | | | | | | |
| | PAIN | Pain 400 g BIO | | X | | | | | | | | | | | | |
| | FROMAGE/LAITAGE | Lait demi écrémé litre équitable | X | | | | | | | | | | | | | |
| | DESSERT | Fruit de saison 1 | | | | | | | | | | | | | | |
| | DESSERT | Pain au chocolat. | X | X | | | | | | | | X | | | | |