# Liste des 14 allergènes principaux par recette - ECOLE LIVILLIERS

| | Repas / Plat | Lait | Blé / | Oeuf | Poisson | Sulfites | Fruits à | Crustac | Mollusq | Céleri | Soja | Arachid | Moutard | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 03 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Œufs durs sauce cocktail | | | X | | X | | | | X | | | X | | |
| | Hachis Parmentier | X | X | X | | X | | | | X | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Yaourt nature | X | | | | | | | | | | | | | |
| | Compote pommes fraises | | | | | | | | | | | | | | |
| | **Mardi 04 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Salade de betterave vinaigrette | | | | | X | | | | | | | X | | |
| | Omelette au fromage | X | | X | | | | | | | | | | | |
| | Haricots verts | X | | | | | | | | | | | | | |
| | Torsade | X | X | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Crème dessert à la vanille | X | | | | | | | | | | | | | |
| | **Jeudi 06 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Velouté légumes | X | X | | | | | | | X | | | | | |
| | Tartiflette | X | | | | | | | | | | | | | |
| | Gratin de pommes de terre | X | X | | | | X | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Bûchette mi-chèvre | X | | | | | | | | | | | | | |
| | Galette des rois frangipane | X | X | X | | | X | | | | | | | | |
| | **Vendredi 07 Janvier - Déjeuner** | | | | | | | | | | | | | | |
| | Salade verte au surimi | | X | X | X | X | | X | | | X | | | | |
| | Filet de colin sauce crème citron | X | X | | X | | X | | | | | | | | |
| | Purée de carottes persillées | X | | | | | | | | | | | | | |
| | Gouda | X | | | | | | | | | | | | | |
| | Corbeille de fruits Bio | | | | | | | | | | | | | | |