# Liste des 14 allergènes principaux par recette - ECOLE PIERRE LEFEVRE

| | Repas / Plat | Lait | Blé / | Oeuf | Poisson | Sulfites | Fruits à | Crustac | Mollusq | Céleri | Soja | Arachid | Moutard | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Mardi 07 Juin - Déjeuner** | | | | | | | | | | | | | | |
| | Concombre à la crème | X | | | | | | | | | | | | | |
| | Viennoise de dinde | | X | X | | | | | | | | | | | |
| | Carottes braisées | X | | | | | | | | X | | | | | |
| | Pommes cubes rissolées | | | | | | | | | | | | | | |
| | Saint-Paulin | X | | | | | | | | | | | | | |
| | Paris-Brest | X | X | | | | X | | | | X | | | X | |
| | **Jeudi 09 Juin - Déjeuner** | | | | | | | | | | | | | | |
| | Œufs durs mayonnaise | | | X | | X | | | | | | | X | | |
| | Filet de dorade sauce curry | X | X | | X | X | | | | | | | | | |
| | Merguez | | | | | X | | | | | | | | | |
| | Légumes coucous | | | | | | | | | X | | | | | |
| | Semoule à la tomate Bio | X | X | | | | | | | | | | | | |
| | Camembert | X | | | | | | | | | | | | | |
| | Donuts | X | X | | | | | | | | X | | | | |
| | **Vendredi 10 Juin - Déjeuner** | | | | | | | | | | | | | | |
| | Tomate vinaigrette | | | | | X | | | | | | | X | | |
| | Filet de colin meunière et citron | X | X | X | X | | | X | X | | | | | | |
| | Epinards à la crème | X | | | | | | | | | | | | | |
| | Riz pilaf | | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Petit pot vanille fraise | X | | | | | | | | | | | | | |