

Liste des 14 allergènes principaux par recette - Institution Notre Dame

|   |                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|-----------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   | Repas / Plat                      | Lait  | Blé / Gluten  | Oeuf  | Poisson   | Sulfites   | Fruits à coques   | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|    | <b>Lundi 12 Mai - Déjeuner</b>    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Salade de pommes de terre         |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Salade de riz                     |   |   |   |   | X  |   |   |   |   |   |   | X   |   |   |
|    | Nuggets de blé                    |   | X   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Epinards béchamel                 | X   | X   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Fromage frais nature              | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Yaourt nature sucré               | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Ananas                            |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Banane Bio                        |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | <b>Mardi 13 Mai - Déjeuner</b>    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Concombre au maïs                 |   |   |   |   | X  |   |   |   |   |   |   | X   |   |   |
|    | Salade verte                      |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Emincé de poulet à la             |   | X   |   |   | X  |   |   |   |   |   |   |   |   |   |
|    | Coquillettes Bio                  | X   | X   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Camembert                         | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Carré                             | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|    | Compote de pommes                 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|   | Compote pommes abricots           |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | <b>Jeudi 15 Mai - Déjeuner</b>    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Taboulé libanais                  |   | X   |   |   | X  |   |   |   |   |   |   | X   |   |   |
|  | Moussaka                          | X   | X   |   |   | X  |   |   |   |   |   |   |   |   |   |
|  | Bûchette mi-chèvre                | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Namoura Liban                     | X   | X   |   |   | X  |   |   |   |   |   |   |   |   |   |
|  | Pain Bio                          |   | X   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | <b>Vendredi 16 Mai - Déjeuner</b> |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Carottes râpées vinaigrette du    |   |   |   |   | X  |   |   |   |   |   |   | X   |   |   |
|  | Salade verte croûtons             | X   | X   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Chipolatas grillées               |   |   |   |   | X  |   |   |   |   |   |   |   |   |   |
|  | Courgettes à la provençale        | X   | X   |   |   | X  |   |   |   |   |   |   |   |   |   |

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|   | Repas / Plat        | Lait  | Blé /<br>Gluten   | Oeuf  | Poisson   | Sulfites   | Fruits à<br>coques  | Crustacés   | Mollusques  | Céleri  | Soja  | Arachides   | Moutarde  | Sésame  | Lupin   |
|  | Fromage blanc sucré | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Yaourt nature sucré | X   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  | Beignet pomme       |   | X   | X   |   |  |   |   |   |   |   |   |   |   |   |
|  | Cake marbré         | X   | X   | X   |   |  |   |   |   |   |   |   |   |   |   |