

# Liste des 14 allergènes principaux par recette - MARIE THERESE MAGNY

|                                                                                   |                                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|                                                                                   | Repas / Plat                           | Lait                                                                              | Blé / Gluten                                                                      | Oeuf                                                                              | Poisson                                                                            | Sulfites                                                                            | Fruits à coques                                                                     | Crustacés                                                                           | Mollusques                                                                          | Céleri                                                                              | Soja                                                                                | Arachides                                                                           | Moutarde                                                                            | Sésame                                                                              | Lupin                                                                               |
|    | <b>Lundi 10 Novembre - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Taboulé                                |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Velouté de carottes                    | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | colin pané                             |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Sauté de porc au curry                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Carottes béchamel                      | X                                                                                 | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Riz sauce tomate                       |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Fromage blanc nature                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Pavé 1/2 sel                           | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Jeudi 13 Novembre - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Maquereaux à la tomate                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Salade piémontaise                     | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |
|    | Couscous végétarien                    |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Semoule Bio                            |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Crème dessert vanille                  | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Moelleux caramel beurre sale           | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Vendredi 14 Novembre - Déjeuner</b> |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|   | Aiguillette colin pané                 | X                                                                                 | X                                                                                 |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Courgettes rôties                      |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Farfalle                               |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Edam                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Yaourt nature sucré                    | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Corbeille de fruits                    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Gâteau au yaourt                       | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |