

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 |
|--|------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| | Lundi 19 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Salade d'endives | | | | | | X | | | | | | | | |
| | Salade verte aux fines herbes | | | | | | | | | | | | | | |
| | Cheeseburger | X | X | | | X | | | | | X | | X | X | |
| | Pommes campagnardes | | | | | | | | | | | | | | |
| | Brebis crème | X | | | | | | | | | | | | | |
| | Fondu Président® | X | | | | | | | | | | | | | |
| | Compote pommes bananes | | | | | | | | | | | | | | |
| | Compote pommes fraises | | | | | | | | | | | | | | |
| | Mardi 20 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Coquillettes sauce cocktail | | X | X | | X | | | | | | | X | | |
| | Taboulé | | X | | | X | | | | | | | | | |
| | Boulette de lentilles sauce | | X | | | X | | | | | | | | | |
| | Epinards béchamel | X | X | | | | | | | | | | | | |
| | Fromage blanc sucré | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Ananas | | | | | | | | | | | | | | |
| | Pomme bicolore | | | | | | | | | | | | | | |
| | Jeudi 22 Janvier - Déjeuner | | | | | | | | | | | | | | |
| | Champignons fromage frais | X | | | | | | | | | | | | | |
| | Coleslaw | | | X | | X | | | | | | | X | | |
| | Rôti de dinde sauce chasseur | | X | | | X | | | | | | | | | |
| | Haricots beurre persillés | X | | | | | | | | | | | | | |
| | Fromage blanc sucré | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Brioche à la confiture d'abricot | X | X | X | | | | | | | | | | | |
| | Gaufre de liège | X | X | X | | | | | | | X | | | | |
| | Pain Bio | | X | | | | | | | | | | | | |
| | Vendredi 23 Janvier - | | | | | | | | | | | | | | |

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|------------------------|--------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| Potage de légumes | | | | | | | | | | | | | | | |
| Velouté chou-fleur | | | | | | | | | | | | | | | |
| Poisson blanc meuniere | | | | | | | | | | | | | | | |
| Riz pilaf | | | | | | | | | | | | | | | |
| Carré | | | | | | | | | | | | | | | |
| Edam | | | | | | | | | | | | | | | |
| Clementine n°3 | | | | | | | | | | | | | | | |
| Kiwi | | | | | | | | | | | | | | | |