# 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 23 Novembre -** | | | | | | | | | | | | | | |
| | Houmous de pois chiches | | X | | | X | | | | | | | | | |
| | Mousse de canard | X | X | X | | | | | | | | | | | |
| | Salade verte locale au maïs | | | | | | | | | | | | | | |
| | Taboulé aux légumes | | X | | | X | | | | X | | | | | |
| | Jambon grillé | | | | | | | | | | | | | | |
| | Ravioli de bœuf | | X | X | | | | | | | | | | | |
| | Haricots blancs | | | | | | | | | | | | | | |
| | Julienne de légumes saveur | | | | | | | | | X | | | X | | |
| | Bûche du Pilat | X | | | | | | | | | | | | | |
| | Rondelé nature | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Brioche aux pépites de chocolat | X | X | X | | | | | | | | | | | |
| | Compote pommes pêches | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Douceur lactée au citron | X | | | | | | | | | | | | | |
| | **Mardi 24 Novembre -** | | | | | | | | | | | | | | |
| | Poireaux vinaigrette | | | | | X | | | | | | | X | | |
| | Salade de riz poivrons et olives | | | | | X | | | | | | | X | | |
| | Salade quinoa oignon fève maïs | | | | | X | X | | | | | | | | |
| | Salade verte | | | | | | | | | | | | | | |
| | Trio mexicain | X | | X | | X | | | | | | | X | | |
| | Paupiette du pêcheur sauce | X | X | | X | | | X | | | | | | | |
| | Poulet grillé sauce au curry | X | X | | | X | | | | | | | X | | |
| | Légumes couscous | | | | | | | | | X | | | | | |
| | Semoule | | X | | | | | | | | | | | | |
| | Brie | X | | | | | | | | | | | | | |
| | Petit moulé ail et fines herbes | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Cake marbré | | X | X | | | | | | | | | | | |
| | Compote pommes abricots | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Mousse saveur crème brûlée | X | | | | | | | | | | | | | |
| | **Jeudi 26 Novembre -** | | | | | | | | | | | | | | |
| | Accras de morue | | X | | X | | | | | | | | | | |
| | Artichaut vinaigrette | | | | | | | | | | | | | | |
| | Carottes râpées vinaigrette au | | | | | X | | | | | | | | | |
| | Potage de légumes | | | | | | | | | X | | | | | |
| | Salade antillaise | | | | | | | X | | | | | | | |
| | Gratin de poissons et | X | | | X | | | X | X | | | | | | |
| | Rougail saucisses | | | | | | | | | | | | | | |
| | Epinards béchamel | X | X | | | | | | | | | | | | |
| | Riz complet créole | | | | | | | | | | | | | | |
| | Brebis crème | X | | | | | | | | | | | | | |
| | Mimolette | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Crème dessert caramel | X | | | | | | | | | | | | | |
| | Moelleux myrtilles citron | X | X | X | | X | | | | | | | | | |
| | Mousse cacao | X | | | | | | | | | X | | | | |
| | **Vendredi 27 Novembre -** | | | | | | | | | | | | | | |
| | Betteraves vinaigrette agrumes | | | | | X | | | | | | | X | | |
| | Endives aux croûtons | X | X | | | X | | | | | | | X | | |
| | Pâté de campagne | | X | | | | | | | | | | | | |
| | Rémoulade de céleri | | | X | | X | | | | X | | | X | | |
| | Salade de pâtes au surimi | | X | X | X | X | | X | | | | | X | | |
| | Boudin noir aux oignons | | | | | | | | | | | | | | |
| | Nuggets de blé | | X | | | | | | | | | | | | |
| | Carottes persillées | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Purée de pommes de terre | X | | | | | | | | | | | | | |
| | Emmental | X | | | | | | | | | | | | | |
| | Vache qui rit® | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Compote de pommes | | | | | | | | | | | | | | |
| | Corbeille de fruits | | | | | | | | | | | | | | |
| | Fromage blanc à la crème de | X | | | | | | | | | | | | | |
| | Pain Bio | | X | | | | | | | | | | | | |
| | Roulé chocolat | X | X | X | | | | | | | X | | | | |