

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

|                                                                                   |                                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                   | Repas / Plat                            | Lait                                                                              | Blé / Gluten                                                                      | Oeuf                                                                              | Poisson                                                                            | Sulfites                                                                            | Fruits à coques                                                                     | Crustacés                                                                           | Mollusques                                                                          | Céleri                                                                              | Soja                                                                                | Arachides                                                                           | Moutarde                                                                            | Sésame                                                                              | Lupin                                                                               |
|    | <b>Lundi 07 Septembre - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Farfalle alla peperonata                | X                                                                                 | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Vache qui rit®                          | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Yaourt nature sucré                     | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Corbeille de fruits                     |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Fourrandise au chocolat                 | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Mardi 08 Septembre - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Macédoine mayonnaise                    |                                                                                   |                                                                                   | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Roulade de volailles                    |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|    | Croque-monsieur                         | X                                                                                 | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Tarte chèvre tomate basilic             | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Salade verte                            |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Pavé 1/2 sel                            | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Yaourt aromatisé                        | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | <b>Jeudi 10 Septembre - Déjeuner</b>    |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Radis beurre                            | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|    | Salade de pâtes                         |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|   | Accras de morue                         |                                                                                   | X                                                                                 |                                                                                   | X                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Merguez                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Légumes coucous                         |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Semoule Bio                             |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Compote pommes fraises                  |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Crème dessert chocolat                  | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | <b>Vendredi 11 Septembre - Déjeuner</b> |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Céleri rémoulade                        | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
|  | Concombre à la crème                    | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Beignets de calamars                    |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Carottes persillées                     |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Purée de pommes de terre                | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

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|                                                                                 | Repas / Plat        | Lait                                                                              | Blé /<br>Gluten                                                                   | Oeuf                                                                              | Poisson                                                                            | Sulfites                                                                            | Fruits à<br>coques                                                                  | Crustac<br>és                                                                       | Mollusq<br>ues                                                                      | Céleri                                                                              | Soja                                                                                | Arachid<br>es                                                                       | Moutard<br>e                                                                        | Sésame                                                                              | Lupin                                                                               |
|  | Camembert           | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|  | Yaourt nature sucré | X                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |