# collège le Parmelan
## Sem 42 - RESTAURATION - Déjeuner

| Semaine 42 | Gluten | Crustacés | Œufs | Poisson | Soja | Lait | F. à coques | Céleri | Moutarde | Sésame | Sulfite | Lupin | Mollusques | Arachides |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **12/10/2026** | | | | | | | | | | | | | | |
| SALAD BAR | | | | | | | | | X | | X | | | |
| YAOURT FERMIER | | | | | | X | | | | | | | | |
| **13/10/2026** | | | | | | | | | | | | | | |
| SALAD BAR | | | | | | | | | X | | X | | | |
| SEMOULE BIO | X | | | | | | | X | | | | | | |
| YAOURT À BOIRE "BIO" | | | | | | X | | | | | | | | |
| **15/10/2026** | | | | | | | | | | | | | | |
| SALAD BAR | | | | | | | | | X | | X | | | |
| FISH N' CHIPS (BEIGNET DE POISSON) | | | | X | | | | | | | | | | |
| GARLIC SAUCE (SAUCE BLANCHE À L'AIL) | | | X | | | X | | | X | | X | | | |
| MUSHY PEAS (PURÉE DE PETITS POIS À LA MENTHE) | | | | | | X | | | | | | | | |
| NUTTY PUFF (CHOU CRÈME CHOCO-NOISETTE) | X | | | | X | X | X | | | | | | | |
| **16/10/2026** | | | | | | | | | | | | | | |
| SALAD BAR | | | | | | | | | X | | X | | | |
| *SAUCE MOUTARDE À L'ANCIENNE | X | | | | | X | | X | X | | X | | | |
| *TOMATES PROVENCALES | X | | X | | X | X | | | | X | | | | |
| CANTAFRAIS | | | | | | X | | | | | | | | |