

Petit Déjeuner

Lundi	Mardi 10/02	Mercredi 11/02	Jeudi 12/02	Vendredi 13/02
	Petit déjeuner ble / gluten, lait 	Petit déjeuner ble / gluten, lait 	Petit déjeuner ble / gluten, lait 	Petit déjeuner ble / gluten, lait 



Déjeuner

Lundi 09/02

Mardi 10/02

Mercredi 11/02

Jeudi 12/02

Vendredi 13/02

Salade piémontaise

arachides, ble / gluten, celeri, crustaces,
lait, mollusques, moutarde, oeuf, poisson,
sulfites

Roulade de volaille aux olives

moutarde, soja, sulfites

Steak haché

Poêlée carotte, petits pois, oignons



Plateau de fromages et laitages

lait



Compote de pommes

Tiramisu

ble / gluten, lait, oeuf, sulfites

Fruits de saison



Eclair vanille

Œuf dur sauce bulgare

lait, oeuf, sulfites

Salade Nicoise

moutarde, oeuf, sulfites



Jambon braisé sauce madère

ble / gluten, lait, sulfites

Pâtes torsades

ble / gluten

Plateau fromage emballés

lait

Fruits de saison



Ile flottante au caramel

lait, oeuf

Mousse chocolat blanc

lait



Compote de pommes

Salade coleslaw

moutarde, oeuf, sulfites

Salade Parisienne

lait, sulfites

Cervelas campagnard

lait

Haricots verts très fins



Plateau de fromages et laitages

lait



Fruits de saison



Crème brûlée

lait, oeuf



Fromage blanc speculoos

ble / gluten, lait

Compote de pommes

Salade composée: soja, tomate,maïs sauce salade moutarde, sulfites

Samoussas de légumes sauce aigre douce

ble / gluten, soja

Nems de poulet sauce aigre douce

ble / gluten, moutarde, soja

Émincé de porc à la chinoise

lait



Frites

Plateau de fromages et laitages

lait



Beignet chinois d'ananas

ble / gluten, lait, oeuf



Tarte noix de coco

ble / gluten, lait, oeuf

Fruits de saison



Compote de pommes

Céleri vinaigrette

celeri, moutarde, sulfites

Pâté de foie cornichon

ble / gluten, lait, moutarde, soja, sulfites

Nuggets de poisson + citron

ble / gluten, poisson



Riz basmati sauce Provencale

Plateau de fromages et laitages

lait



Donut cacao

ble / gluten, lait, soja

Entremets à la pistache

lait



Fruits de saison



Compote de pommes



bio



equitable



verger ecoresp



equitable



verger ecoresp

MENUS LA PROVIDENCE 2024

Menu semaine n°7 du Lundi 09 février 2026 au Vendredi 13 février 2026

Goûter

Lundi 09/02	Mardi 10/02	Mercredi 11/02	Jeudi 12/02	Vendredi
Goûter ble / gluten, fruits a coques, lait, oeuf, soja 	Goûter ble / gluten, fruits a coques, lait, oeuf, soja 	Goûter ble / gluten, fruits a coques, lait, oeuf, soja 	Goûter ble / gluten, fruits a coques, lait, oeuf, soja 	



Dîner

Lundi 09/02	Mardi 10/02	Mercredi 11/02	Jeudi 12/02	Vendredi
Dés de Concombres sauce bulgare lait, sulfites Blanc de poulet grillé   Légumes de saison Plateau fromage emballés lait Plateau de laitages lait Corbeille fruits hiver  Paris Brest ble / gluten, fruits a coques, lait, oeuf, soja Compote de pommes	Bouillon de poule aux vermicelles ble / gluten, celeri, oeuf Knack d'Alsace Purée de patates douces lait Plateau fromage emballés lait Plateau de laitages lait Corbeille fruits hiver  Brownie chocolat noix de pécan ble / gluten, fruits a coques, lait, oeuf, soja Compote de pommes	Salade Vosgienne lait, moutarde, sulfites  Manchons de poulet rôti Tex Mex Blé créole ble / gluten, lait  Plateau fromage emballés lait Plateau de laitages lait Corbeille fruits hiver  Liégeois vanille lait  Compote de pommes	Roulé d'asperge au jambon blanc lait, moutarde, oeuf, sulfites   Chausson de dinde bolognaise ble / gluten, lait Poêlée de légumes grillés au pesto Plateau fromage emballés lait Plateau de laitages lait Corbeille fruits hiver  Beignet choco-noisettes Compote de pommes	