|  |  |  |  |
| --- | --- | --- | --- |
|  | Commander vos menus au par téléphone 01 64 22 48 82  ou par mail *lesrepaslivres77@orange.fr* | | |
| NOM : | | PRENOM | |
| ADRESSE : | | | TEL. : |
| Menus du 23 AU 29 SEPTEMBRE 2024 | | | |

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| LUNDI 23 SEPTEMBRE | | | | | | | |
|  | | | | | | | |
| Coleslaw | | |  | Salade verte et croûtons | | |  |
|  | | | | | | | |
| Cordon bleu de volaille | | |  | Colombo de porc\* | | |  |
|  | | | | | | | |
| Pâtes à la tomate | | |  | Purée de panais | | |  |
|  | | | | | | | |
| Bûche de chèvre | | |  | Rondelé au poivre | | |  |
|  | | | | | | | |
| Crème dessert vanille | | |  | Compote pomme cassis | | |  |
|  | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) |  |
| Potage |  | Salade mélangée | | |  | Pain |  |
| MARDI 24 SEPTEMBRE | | | | | | | |
|  | | | | | | | |
| Melon galia | | |  | Chorizo | | |  |
|  | | | | | | | |
| Paëlla | | |  | Rôti de boeuf | | |  |
|  | | | | | | | |
|  | | |  | Choux de Bruxelles | | |  |
|  | | | | | | | |
| Tomme grise | | |  | Fromage blanc | | |  |
|  | | | | | | | |
| Gâteau basque | | |  | cookies | | |  |
|  | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) |  |
| Potage |  | Salade mélangée | | |  | Pain |  |
| MERCREDI 25 SEPTEMBRE | | | | | | | |
|  | | | | | | | |
| Salade de tomates | | |  | Fonds artichauts | | |  |
|  | | | | | | | |
| Normandin de veau sauce forestière | | |  | Roti de dinde au jus | | |  |
|  | | | | | | | |
| Frites | | |  | Légumes couscous | | |  |
|  | | | | | | | |
| Fromage affiné | | |  | Yaourt nature | | |  |
|  | | | | | | | |
| Yaourt aromatisé | | |  | Fruits au sirop | | |  |
|  | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) |  |
| Potage |  | Salade mélangée | | |  | Pain |  |

TSVP→



\*Contient du porc

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| JEUDI 26 SEPTEMBRE | | | | | | | | |
|  | | | | | | | | |
| Mousse de foie\* | | |  | Œuf mayonnaise | | |  | |
|  | | | | | | | | |
| Chipolatas\* | | |  | Filet de hoki sauce citron | | |  | |
|  | | | | | | | | |
| Chou fleur | | |  | Pomme vapeur | | |  | |
|  | | | | | | | | |
| Vache qui rit | | |  | Coulommiers | | |  | |
|  | | | | | | | | |
| Créme dessert aromatisée | | |  | Banane | | |  | |
|  | | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) | |  |
| Potage |  | Salade mélangée | | |  | Pain | |  |
| VENDREDI 27 SEPTEMBRE | | | | | | | | |
|  | | | | | | | | |
| Méli-mélo de céréales aux légumes | | |  | Salade de lentilles | | |  | |
|  | | | | | | | | |
| Lasagne de légumes | | |  | Nuggets de poisson | | |  | |
|  | | | | | | | | |
| Salade | | |  | Courgettes à la provençale | | |  | |
|  | | | | | | | | |
| Petits suisses | | |  | Brebicrème | | |  | |
|  | | | | | | | | |
| Salade de fruits | | |  | Tarte aux pommes | | |  | |
|  | | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) | |  |
| Potage |  | Salade mélangée | | |  | Pain | |  |
| SAMEDI 28 SEPTEMBRE | | | | | | | | |
|  | | | | | | | | |
| Salade de tomate mozzarella | | |  | Choux bicolores | | |  | |
|  | | | | | | | | |
| *Filet de poulet à la crème* | | |  | Tomate farcie sauce tomate | | |  | |
|  | | | | | | | | |
| *Penne* | | |  | Riz pilaf | | |  | |
|  | | | | | | | | |
| Emmenthal | | |  | Yaourt brassé | | |  | |
|  | | | | | | | | |
| Eclair café | | |  | Pomme au four | | |  | |
|  | | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) | |  |
| Potage |  | Salade mélangée | | |  | Pain | |  |
| DIMANCHE 29 SEPTEMBRE | | | | | | | | |
|  | | | | | | | | |
| Salade de cervelas\* | | |  | Maquereau au vin blanc | | |  | |
|  | | | | | | | | |
| Tripes à la mode de Caen\* | | |  | Omelette au fromage | | |  | |
|  | | | | | | | | |
| Carottes Vichy | | |  | Epinards hachés | | |  | |
|  | | | | | | | | |
| Duo de fromage | | |  | Faisselle | | |  | |
|  | | | | | | | | |
| Ile flottante | | |  | Compote pomme fraise | | |  | |
|  | | | | | | | | |
| Gâteau Emballé (1) |  | Compote de fruits (1) | | |  | Fruit de saison (1) | |  |
| Potage |  | Salade mélangée | | |  | Pain | |  |

(1) Option payante 2.00 € TTC (gâteau + compote ou gâteau + fruit ou compote + fruit)