# Bilan allergènes du lundi 23 novembre 2026 au dimanche 29 novembre 2026

CUISINE CENTRALE HERMES

REPAS LIVRES ADULTES - 1. COMMUNS

| Composante repas | Recette | Information incomplète | Arachide | Crustacés | Céleri | Fruit à coque | Gluten | Lait | Lupin | Mollusque | Moutarde | Oeuf | Poisson | Sesame | Soja | Sulfite |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **LUNDI 23 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | MOUSSE DE CANARD | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | ✓ |
| PLAT PROTIDIQUE | TORTELLINI RICOTTA EPINARD CREME BASILIC | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | ✓ | - | - | - | - |
| GARNITURE | SALADE VERTE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| FROMAGE | ASSORTIMENT DE FROMAGES | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | KIWI | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | EMMENTAL RAPE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| | FRUIT DE SAISON | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| | FRUIT DE SAISON | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| | BEURRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| | PAIN DE MIE | ☐ | - | - | - | - | ✓ | - | - | - | - | - | - | - | - | - |
| | __ | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **LUNDI 23 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | SALADE PIEMONTAISE AU THON | ☐ | - | - | - | - | - | - | - | - | ✓ | ✓ | ✓ | - | - | ✓ |
| PLAT PROTIDIQUE | ROTI DE PORC AUX CHAMPIGNONS | ☐ | - | - | - | - | ✓ | - | - | - | - | - | - | - | - | ✓ |
| GARNITURE | BEIGNET DE CHOU FLEUR | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | ✓ | - | - | - | - |
| FROMAGE | OEUF AU LAIT | ☐ | - | - | - | - | - | ✓ | - | - | - | ✓ | - | - | - | - |
| DESSERT | MADELEINE CLOCHE AUX OEUFS | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | ✓ | - | - | - | - |
| COMPLEMENTS | COQUILLETTE AU BEURRE | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |

**Commentaire :**

REPAS LIVRES ADULTES - 1. COMMUNS

| Composante repas | Recette | Information incomplète | Arachide | Crustacés | Céleri | Fruit à coque | Gluten | Lait | Lupin | Mollusque | Moutarde | Oeuf | Poisson | Sesame | Soja | Sulfite |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **MARDI 24 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | MACEDOINE DE LEGUMES | ☐ | - | - | - | - | - | - | - | - | ✓ | ✓ | - | - | - | ✓ |
| PLAT PROTIDIQUE | CUISSE DE POULET GRILLEE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| GARNITURE | HARICOT VERT LARDON | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| FROMAGE | YAOURT NATURE SUCRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | PETIT BEURRE LU | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| COMPLEMENTS | PUREE DE POMME DE TERRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **MARDI 24 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | VELOUTE A LA CAROTTE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | BROCHETTE DE POISSON PANE | ☐ | - | - | - | - | ✓ | - | - | - | - | - | ✓ | - | - | - |
| GARNITURE | POMME SAUTEE AUX OIGNONS | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| FROMAGE | BLEU | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | COMPOTE PECHE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | RATATOUILLE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| **MERCREDI 25 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | RADIS BEURRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | SAUCISSE GRILLEE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| GARNITURE | LENTILLE VERTE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| FROMAGE | TOMME NOIRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | CLEMENTINE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | CAROTTE VICHY | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |

**Commentaire :**

REPAS LIVRES ADULTES - 1. COMMUNS

| Composante repas | Recette | Information incomplète | Arachide | Crustacés | Céleri | Fruit à coque | Gluten | Lait | Lupin | Mollusque | Moutarde | Oeuf | Poisson | Sesame | Soja | Sulfite |
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| **MERCREDI 25 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | PIZZA AUX 3 FROMAGES MAISON | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | ESCALOPE DE POULET A LA CREME | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| GARNITURE | PUREE DE POTIRON | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| FROMAGE | CREME DESSERT A LA VANILLE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | PAIN D'EPICES | ☐ | - | - | - | - | ✓ | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | SPAGHETTI NATURE | ☐ | - | - | - | - | ✓ | - | - | - | - | - | - | - | - | - |
| **JEUDI 26 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | SALADE FARFALLE JAMBON CORNICHON MAYONNAISE CIBOULETTE | ☐ | - | - | - | - | ✓ | ✓ | - | - | ✓ | ✓ | - | - | - | ✓ |
| PLAT PROTIDIQUE | STEAK HACHE DE BOEUF | ☐ | - | - | ✓ | - | - | ✓ | - | - | ✓ | ✓ | - | - | - | ✓ |
| | OMELETTE AUX FINES HERBES | ☐ | - | - | - | - | - | - | - | - | - | ✓ | - | - | - | - |
| GARNITURE | COURGETTE A LA VACHE QUI RIT | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | MOUSSE AU CHOCOLAT | ☐ | - | - | - | - | - | ✓ | - | - | - | ✓ | - | - | - | - |
| COMPLEMENTS | PUREE DE POMME DE TERRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **JEUDI 26 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | VELOUTE AUX 7 LEGUMES | ☐ | - | - | ✓ | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | FILET DE COLIN AU CURRY | ☐ | - | - | - | - | ✓ | - | - | - | - | - | ✓ | - | - | ✓ |
| GARNITURE | SEMOULE | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| FROMAGE | CAMEMBERT | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | BANANE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | BROCOLIS PERSILLES | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |

**Commentaire :**

REPAS LIVRES ADULTES - 1. COMMUNS

| Composante repas | Recette | Information incomplète | Arachide | Crustacés | Céleri | Fruit à coque | Gluten | Lait | Lupin | Mollusque | Moutarde | Oeuf | Poisson | Sesame | Soja | Sulfite |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **VENDREDI 27 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | BETTERAVE AUX ECHALOTES | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | CORDON BLEU S/PORC | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| GARNITURE | POMME DE TERRE CUBE RISSOLEE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| DESSERT | FROMAGE BLANC AUX FRUITS | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| COMPLEMENTS | HARICOTS PLATS PERSILLES | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **VENDREDI 27 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | FEUILLETE HOT DOG | ☐ | - | - | ✓ | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | OEUFS MOLLETS | ☐ | - | - | - | - | - | - | - | ✓ | - | ✓ | - | - | - | - |
| GARNITURE | GRATIN D'EPINARD A LA BECHAMEL | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| FROMAGE | ORANGE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| DESSERT | GAUFRETTE FOURREE A LA VANILLE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | FARFALLE AU FROMAGE | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| **SAMEDI 28 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | SALADE ENDIVE CROUTON BLEU | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | POIREAU AU JAMBON ET A LA BECHAMEL | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | - | - | - | - | - |
| GARNITURE | RIZ THAI | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | CREME DESSERT AU CAFE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **SAMEDI 28 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | VELOUTE A LA PROVENCALE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | LASAGNE AUX LEGUMES GRILLES | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | ✓ | - | - | - | - |
| DESSERT | ANANAS AU SIROP | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | CELERI AU GRATIN | ☐ | - | - | ✓ | - | ✓ | ✓ | - | - | - | - | - | - | - | - |

**Commentaire :**

REPAS LIVRES ADULTES - 1. COMMUNS

| Composante repas | Recette | Information incomplète | Arachide | Crustacés | Céleri | Fruit à coque | Gluten | Lait | Lupin | Mollusque | Moutarde | Oeuf | Poisson | Sesame | Soja | Sulfite |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **DIMANCHE 29 NOVEMBRE 2026 - DEJEUNER** | | | | | | | | | | | | | | | | |
| ENTREE | SALADE AU CHEVRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| PLAT PROTIDIQUE | CASSOULET DE TOULOUSE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| FROMAGE | BLEU | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | BROWNIES CHOCOLAT | ☐ | - | - | - | ✓ | ✓ | ✓ | - | - | - | ✓ | - | - | ✓ | - |
| COMPLEMENTS | PUREE DE POTIRON | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| **DIMANCHE 29 NOVEMBRE 2026 - DINER** | | | | | | | | | | | | | | | | |
| ENTREE | MACEDOINE DE LEGUMES | ☐ | - | - | - | - | - | - | - | - | ✓ | ✓ | - | - | - | ✓ |
| PLAT PROTIDIQUE | CROUSTILLANT AU FROMAGE | ☐ | - | - | - | - | ✓ | ✓ | - | - | - | ✓ | - | - | - | - |
| GARNITURE | CAROTTE A LA CREME | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |
| DESSERT | POMME JAUNE | ☐ | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| COMPLEMENTS | PUREE DE POMME DE TERRE | ☐ | - | - | - | - | - | ✓ | - | - | - | - | - | - | - | - |

**Commentaire :**