
































































































RS DE BRAINS (BRAINS)



	Lundi 04/12	Mardi 05/12	Mercredi 06/12	Jeudi 07/12	Vendredi 08/12
Entrée	Crêpe au fromage  	  Celeri bio rémoulade  			Pamplemousse 
Plat principal	Saumon au citron 	  Boeuf aux carottes  	 Emincé de porc à la paysanne  	  Poulet rôti 	 Rôti de porc aux pruneaux 
Légumes	 Chou brocolis à la crème  		Semoule de couscous 	Frites  	  Mogettes 
Produit laitier			Tomme noire 	 Cantal 	
Dessert	Fromage blanc 	  Riz au lait bio  	Fruit de saison 	Clémentines 	Liegeois vanille caramel 

	Lundi 11/12	Mardi 12/12	Mercredi 13/12	Jeudi 14/12	Vendredi 15/12
Entrée			 Samoussa  	 Velouté de tomate alphabet MAISON  	 Mâche betteraves fromage   
Plat principal	Gratin de pâtes aux haricots rouges à la tomate  	  Palette de porc 	  Boeuf miroton  	Cordon bleu   	  Poisson frais sauce nantaise  
Légumes	Salade verte  	Purée de butternut   	 Haricots beurre 	 Gratin d'épinards  	Riz créole 
Produit laitier	 Camembert 	 St Nectaire AOP 			
Dessert	Kiwi 	 Financier du Sully  	Yaourt aromatisé aux fruits / Biscuits  	Banane 	 Entremets à la vanille 

Légende des groupes alimentaires

 Lait et produits laitiers  Viande, poisson et œufs  Légumes et fruits  Céréales et dérivés, légumes secs  Matières grasses

Légende de nos engagements La cantine vraiment engagée

 Vraiment Cuisiné  Circuits courts ou locaux  Recette régionale  Agriculture biologique  Labels et appellations  Respect de la biodiversité

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