

|            |                   |         |
|------------|-------------------|---------|
| Période    |                   | mars-26 |
| Site       | CC GRASSE (62527) |         |
| Prestation | DEJEUNER          |         |
| Contrat    | CAPG +            |         |
| Convive    |                   |         |

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| DateMenu   | FamillePLat     | PLatClient                                    | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------|-----------------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 24/03/2026 | PLAT PRINCIPAL  | Emincé de poulet BIO sauce tomate basilic BIO |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 24/03/2026 | GARNITURE       | Riz créole                                    |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 24/03/2026 | FROMAGE/LAITAGE | Yaourt brassé banane BIO                      | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 24/03/2026 | DESSERT         | Pomme Golden BIO                              |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 24/03/2026 | PAIN            | Pain Bio                                      |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat     | PLatClient                  | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------|-----------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 25/03/2026 | HORS D'OEUVRE   | Carottes bio râpées         |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| 25/03/2026 | PLAT PRINCIPAL  | Pavé de colin napolitain    |      | X            |      | X       |          |                 |           |            |        |      |           |          |        |       |
| 25/03/2026 | GARNITURE       | Pommes sautées              |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 25/03/2026 | FROMAGE/LAITAGE | Fromage fondu Président     | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 25/03/2026 | DESSERT         | Compote de pomme-fraise BIO |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 25/03/2026 | DIVERS          | Vinaigrette aux agrumes     |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| 25/03/2026 | PAIN            | Pain Bio                    |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat     | PLatClient                                    | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------|-----------------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 26/03/2026 | HORS D'OEUVRE   | Laitue Iceberg                                |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| 26/03/2026 | PLAT PRINCIPAL  | Gnocchi BIO sauce tomate méditerranéenne      | X    | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| 26/03/2026 | FROMAGE/LAITAGE | Fromage blanc aux fruits                      | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 26/03/2026 | DIVERS          | Emmental râpé                                 | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 26/03/2026 | DIVERS          | Vinaigrette maison à la moutarde à l'ancienne |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 26/03/2026 | PAIN            | Pain Bio                                      |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat    | PLatClient                        | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|----------------|-----------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 27/03/2026 | HORS D'OEUVRE  | Salade croquante                  | X    |              | X    |         | X        |                 |           |            |        |      |           | X        |        |       |
| 27/03/2026 | PLAT PRINCIPAL | Escalope de veau hachée FR au jus |      |              |      |         |          |                 |           |            | X      |      |           |          |        |       |
| 27/03/2026 | GARNITURE      | Chou-fleur bio béchamel           | X    | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| 27/03/2026 | DESSERT        | Gaufre liégeoise                  |      | X            | X    |         |          |                 |           |            |        | X    |           |          |        |       |
| 27/03/2026 | DIVERS         | Emmental râpé                     | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 27/03/2026 | DIVERS         | Vinaigrette                       |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 27/03/2026 | PAIN           | Pain Bio                          |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat     | PLatClient                                | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------|-------------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 30/03/2026 | PLAT PRINCIPAL  | Emincé de poulet BIO au jus               |      |              |      |         |          |                 |           |            | X      |      |           |          |        |       |
| 30/03/2026 | GARNITURE       | Epinards haché béchamel et pommes de terr | X    | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| 30/03/2026 | FROMAGE/LAITAGE | Saint Nectaire                            | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 30/03/2026 | DESSERT         | Pomme Golden BIO                          |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 30/03/2026 | PAIN            | Pain Bio                                  |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat    | PLatClient                     | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|----------------|--------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 31/03/2026 | HORS D'OEUVRE  | Friand au fromage              | X    | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| 31/03/2026 | PLAT PRINCIPAL | Colin mariné au thym et citron |      | X            |      | X       |          |                 |           |            |        |      |           |          |        |       |
| 31/03/2026 | GARNITURE      | Carottes bio braisées          |      |              |      |         |          |                 |           |            | X      |      |           |          |        |       |
| 31/03/2026 | DESSERT        | Compote de pomme-ananas        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 31/03/2026 | PAIN           | Pain Bio                       |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat     | PLatClient                              | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|-----------------|-----------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 01/04/2026 | HORS D'OEUVRE   | Concombre bio vinaigrette               |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| 01/04/2026 | PLAT PRINCIPAL  | Gâteau d'oeufs bio sauce basquaise bio  | X    | X            | X    |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | GARNITURE       | Macaroni bio                            |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | FROMAGE/LAITAGE | Yaourt nature                           | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | DESSERT         | Clémentines BIO                         |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | DIVERS          | Emmental râpé                           | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | DIVERS          | Sucre semoule                           |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | DIVERS          | Vinaigrette traditionnelle à l'échalote |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 01/04/2026 | PAIN            | Pain Bio                                |      | X            |      |         |          |                 |           |            |        |      |           |          |        |       |

| DateMenu   | FamillePLat    | PLatClient                         | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|------------|----------------|------------------------------------|------|--------------|------|---------|----------|-----------------|-----------|------------|--------|------|-----------|----------|--------|-------|
| 02/04/2026 | HORS D'OEUVRE  | Salade de riz niçois sans thon     |      |              |      |         | X        |                 |           |            |        |      |           | X        |        |       |
| 02/04/2026 | PLAT PRINCIPAL | Sauté de boeuf provençale BIO      |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 02/04/2026 | GARNITURE      | Gratin du Sud                      | X    |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 02/04/2026 | DESSERT        | Gâteau provence aux amandes citron |      | X            | X    |         | X        | X               |           |            |        |      |           |          |        |       |
| 02/04/2026 | DIVERS         | Vinaigrette                        |      |              |      |         |          |                 |           |            |        |      |           |          |        |       |
| 02/04/2026 | DIVERS         | Lapin                              | X    |              |      |         |          |                 |           |            |        | X    |           |          |        |       |

|                 |          |   |
|-----------------|----------|---|
| 02/04/2026 PAIN | Pain Bio | X |
|-----------------|----------|---|

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