

# Bertakoa Restauration Senpere Collège

## ALLERGENES VALABLES UNIQUEMENT POUR LA CUISINE DE SENPERE COLLEGE

| Allergènes                               |  |  |  |  |  |                                                                         |  |  |  |  |  |  |  |  |  |
|------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>LEGENDE</b>                           | X                                                                                 | ALLERGENES PRINCIPAUX                                                             |                                                                                   |                                                                                   |                                                                                    | Des mesures sont en place pour réduire les risques de contamination croisée, cependant une garantie d'absence totale de traces ne pourra pas être fournie. |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                          | X                                                                                 | TRACES D'ALLERGENES                                                               |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Menus</b>                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Lundi 17 Novembre                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Crème de chou au fromage frais           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Sauté de dinde ‘Aldabia’ aux champignons | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |
| Pomme de terre grenaille                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
| ***                                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Compote de pomme BIO                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Mardi 18 Novembre                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Œuf dur plein air mayonnaise             |                                                                                   |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Boulettes de légumes                     | X                                                                                 |                                                                                   | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Semoule BIO                              | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |
| Légumes couscous BIO                     | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |
| Fruit de saison                          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Jeudi 20 Novembre                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Céleri rémoulade au citron               | X                                                                                 |                                                                                   | X                                                                                 |                                                                                   | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Crème saumon citronnée                   | X                                                                                 | X                                                                                 |                                                                                   | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |
| Pâtes coquillettes BIO                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| ***                                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Yaourt citron "Bastidarra" HVE           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Vendredi 21 Novembre                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Empanadas                                | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Lomo mariné au jus                       | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |
| Petits pois BIO                          | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |
| ***                                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Platanos IGP Canarias                    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VINAIGRETTE                              | X                                                                                 |                                                                                   | X                                                                                 |                                                                                   | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |