













































































































































































































REST.SCOLAIRE - CLSH HAUTE GOULA (HAUTE GOULAINNE)








	Lundi 04/06	Mardi 05/06	Mercredi 06/06	Jeudi 07/06	Vendredi 08/06
Entrée 	   Betteraves vinaigrette bio  	  Salade de crudités  	 Salade du puy  	 Taboulé  	 Pastèque 
Plat principal 	   Steak haché bio 	  Chili con carne  	 Blanc de dinde braisé 	  Palette de porc à la moutarde  	 Filet de colin sauce hollandaise  
Légumes 	  Frites bio  	 Riz 	 Gratin de courgettes   	 Epinards à la crème  	 Blé aux petits légumes  
Produit laitier 	 Camembert	 Petit suisse	 Fromage de chèvre	 Tomme noire	
Dessert 	  Yaourt aromatisé 	 Fruits de saison	 Ananas frais	  Oeufs au lait 	 Fruits de saison

	Lundi 11/06	Mardi 12/06	Mercredi 13/06	Jeudi 14/06	Vendredi 15/06
Entrée 	 Carottes râpées au citron  	 Radis	 Melon	 Salade grecque  	   Salade de pâtes bio  
Plat principal 	 Tomates farcies  	  Boeuf à la provençale  	 Pizza au jambon  	 Filet de lieu poivronnade  	  Saucisses de volaille bio 
Légumes 	 Riz	  Haricots beurre à l'ail 	 Salade verte  	 Pommes de terre vapeur 	   Courgettes à la béchamel bio   
Produit laitier 	 Six de Savoie	 Chanteneige	 Bonbel	  St Nectaire AOP 	
Dessert 	 Crème dessert au chocolat	  Clafoutis aux fruits  	 Yaourt à boire	 banane	  Pêche bio 

	Lundi 18/06	Mardi 19/06	Mercredi 20/06	Jeudi 21/06	Vendredi 22/06
Entrée 	 Salade de riz à la mimolette  	 Concombres à la crème  	 Tomates mozzarella basilic  	 Tarte aux épinards et au fromage de chèvre 	   Courgettes à l'indienne bio  
Plat principal 	 Filet de colin pané MSC  	  Rôti de porc aux légumes d'été  	 Emincé de boeuf au paprika  	 Paupiette de veau 	   Sauté de poulet bio  
Légumes 	 Ratatouille 	   Petits pois 	  Marmite potagère  	 Poêlée de légumes 	  Semoule et légumes bio  
Produit laitier 	 Tartare	 Yaourt nature sucré 	 Brie	 Cantal AOP	
Dessert 	 Abricots	  Gâteau marbré  	 Soupe de fraise à la menthe 	 Cerises	   Entremets au chocolat bio 

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  Agriculture biologique  Labels et appellations

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