

MENU VHB/CDN "SAINT-HUBERT"

du 12/5 au 16/5

|          | LUNDI                                                                                                                                                                                                                                                                                                                                                                                              | MARDI                                                                                                                                                                                                                                                          | MERCREDI | JEUDI                                                                                                                                                                                                                                                                                                                      | VENDREDI                                                                                                                                                                                                                                              |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| POTAGE   | <div>Potage aux carottes</div> <div>VEGAN</div> <div>26 kcal</div>                                                                                                                                                                                                                                                                                                                                 | <div>Potage aux tomates</div> <div></div> <div>21 kcal</div>                                                                                                                |          | <div>Potage aux poireaux</div> <div>VÉGÉTARIEN</div> <div> </div> <div>68 kcal</div>                                                                 | <div>Potage cultivateur</div> <div>VEGAN</div> <div></div> <div>32 kcal</div>                                                                                      |
| PROTÉINE | <div>Sauce bolognaise</div> <div>   </div> <div>419 kcal</div> | <div>Filet de dinde</div> <div> </div> <div>192 kcal</div>                               |          | <div>Burger porc et boeuf</div> <div>  </div> <div>425 kcal</div> | <div>Fish stick</div> <div> </div> <div>259 kcal</div>                          |
| SAUCE    |                                                                                                                                                                                                                                                                                                                                                                                                    | <div>Jus de viande au romarin</div> <div></div> <div>35 kcal</div>                                                                                                          |          | <div>Ketchup</div> <div>VEGAN</div> <div>32 kcal</div>                                                                                                                                                                                                                                                                     | <div>Sauce tartare</div> <div>VÉGÉTARIEN</div> <div> </div> <div>154 kcal</div> |
| LÉGUMES  |                                                                                                                                                                                                                                                                                                                                                                                                    | <div>Poireaux à la crème</div> <div>VÉGÉTARIEN</div> <div> </div> <div>84 kcal</div> |          | <div>Salade mixte</div> <div>VEGAN</div> <div>18 kcal</div>                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                       |
| FÉCULENT | <div>Penne</div> <div>VEGAN</div> <div></div> <div>355 kcal</div>                                                                                                                                                                                                                                               | <div>Pommes de terre nature</div> <div>VEGAN</div> <div>126 kcal</div>                                                                                                                                                                                         |          | <div>Pommes de terre rissolées</div> <div>VEGAN</div> <div>168 kcal</div>                                                                                                                                                                                                                                                  | <div>Purée de pommes de terre aux épinards</div> <div>VÉGÉTARIEN</div> <div></div> <div>183 kcal</div>                                                           |
| DESSERT  | <div>Cake</div> <div>VÉGÉTARIEN</div> <div>  </div> <div>269 kcal</div>                                                                   | <div>Yaourt</div> <div>VÉGÉTARIEN</div> <div></div> <div>87 kcal</div>                                                                                                    |          | <div>Fruit</div> <div>VEGAN</div> <div>15 kcal</div>                                                                                                                                                                                                                                                                       | <div>Mousse au chocolate</div> <div></div> <div>15 kcal</div>                                                                                                    |

Légende

- 

Viande,  
abats,  
graisse,  
gélatine, etc
- 

Volaille
- 

Bovins
- 

Suïdés
- 

Poissons
- 

Lait
- 

Lactose
- 

Oeufs
- 

Gluten
- 

Céleri
- 

Moutarde