

Synthèse des allergènes à déclaration obligatoire

Période : janv.-26  
Ville : Dampierre les bois

| Jour       | Libellé FT                                                                | Pas d'information | Ne contient pas d'allergènes | ARACHIDES | C?LERI | CRUSTAC?S | FRUITS ? COQUE | GLUTEN | LAIT | LUPIN | MOLLUSQUES | MOUTARDE | OEUFS | POISSONS | S?SAME | SOJA | SULFITES |
|------------|---------------------------------------------------------------------------|-------------------|------------------------------|-----------|--------|-----------|----------------|--------|------|-------|------------|----------|-------|----------|--------|------|----------|
| 05/01/2026 | Salade de lentilles                                                       |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 05/01/2026 | Nuggets de pois chiche BIO                                                |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 05/01/2026 | et ketchup                                                                |                   |                              |           | X      |           |                |        |      |       |            |          |       |          |        |      |          |
| 05/01/2026 | Courgettes à l'ail                                                        |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 05/01/2026 | Fromage blanc au miel saveur vanille                                      |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 05/01/2026 | Fruit BIO                                                                 |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 06/01/2026 | et vinaigrette moutarde                                                   |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 06/01/2026 | Salade verte                                                              |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 06/01/2026 | Sauté de boeuf CHAR au jus                                                |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 06/01/2026 | Boulettes pois chiches BIO et sauce tomate                                |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 06/01/2026 | Pommes de terre lamelles                                                  |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 06/01/2026 | Coulommiers                                                               |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 06/01/2026 | Dessert lacté flan saveur vanille nappé caramel                           |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 07/01/2026 | Salade coleslaw BIO (carotte BIO, chou blanc BIO, mayonnaise)             |                   |                              |           |        |           |                |        |      |       |            | X        | X     |          |        |      | X        |
| 07/01/2026 | Merlu PMD sauce curry                                                     |                   |                              |           |        |           |                | X      | X    |       |            | X        |       | X        |        |      |          |
| 07/01/2026 | Coquillettes BIO blé semi-complet                                         |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 07/01/2026 | Cantal AOP                                                                |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 07/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 08/01/2026 | Soupe de potiron et pommes de terre                                       |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 08/01/2026 | Parmentier de colin d'Alaska et saumon PMD pommes de terre et purée de co |                   |                              |           |        |           |                | X      | X    |       |            |          |       | X        |        |      |          |
| 08/01/2026 | Parmentier de volaille VF kebab, purée de courgette                       |                   |                              |           |        |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 08/01/2026 | Fromage fondu                                                             |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 08/01/2026 | Galette à la frangipane                                                   |                   |                              |           |        |           |                | X      | X    |       |            |          | X     |          |        |      |          |
| 09/01/2026 | et vinaigrette moutarde                                                   |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 09/01/2026 | Emincé d'endives                                                          |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 09/01/2026 | Omelette BIO                                                              |                   |                              |           |        |           |                |        | X    |       |            |          | X     |          |        |      |          |
| 09/01/2026 | Jambon blanc LR sauce dijonnaise                                          |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 09/01/2026 | Carottes à l'ail                                                          |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 09/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 09/01/2026 | Yaourt BIO nature                                                         |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 09/01/2026 | Purée de pomme fraîche BIO                                                |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 12/01/2026 | Salade de betteraves vinaigrette à la moutarde                            |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 12/01/2026 | Fusilli BIO sauce lentilles verte BIO et tomate BIO                       |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 12/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 12/01/2026 | Petit fromage frais nature au lait entier                                 |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 12/01/2026 | Fruit BIO                                                                 |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 13/01/2026 | Céleri rémoulade                                                          |                   |                              |           | X      |           |                |        |      |       |            | X        | X     |          |        |      | X        |
| 13/01/2026 | Emincé de saumon sauce crème                                              |                   |                              |           |        |           |                | X      | X    |       |            |          |       | X        |        |      |          |
| 13/01/2026 | Bouquet de légumes BIO (chou fleur, brocoli et carotte)                   |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 13/01/2026 | Camembert                                                                 |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 13/01/2026 | Smoothie banane fraise                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 14/01/2026 | Soupe de poireaux et pommes de terre BIO                                  |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 14/01/2026 | Sauté de bœuf char sauce au thym                                          |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 14/01/2026 | Boulettes de sarrasin, lentilles et légumes sauce tomate                  |                   |                              |           | X      |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 14/01/2026 | Riz BIO                                                                   |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 14/01/2026 | Fromage frais cantafrais                                                  |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 14/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 15/01/2026 | Carottes râpées BIO vinaigrette à la moutarde                             |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 15/01/2026 | Saucisse végétale de blé aux fines herbes                                 |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 15/01/2026 | Saucisse de Strasbourg de porc                                            |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 15/01/2026 | Purée de pommes de terre                                                  |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 15/01/2026 | Yaourt aromatisé                                                          |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 15/01/2026 | Cake à la noix de coco                                                    |                   |                              |           |        |           |                | X      | X    |       |            |          | X     |          |        |      | X        |
| 16/01/2026 | Coquillettes BIO au pesto rouge                                           |                   |                              |           |        |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 16/01/2026 | Pané de blé, graine, emmental, épinards                                   |                   |                              |           |        |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 16/01/2026 | Poulet LR sauce forestière (champignon)                                   |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      | X        |
| 16/01/2026 | Haricots verts persillés                                                  |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 16/01/2026 | Edam                                                                      |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 16/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 19/01/2026 | Radis roses                                                               |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 19/01/2026 | et beurre                                                                 |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 19/01/2026 | Dés de colin d'alaska PMD sauce béchamel aux épices douces                |                   |                              |           |        |           |                | X      | X    |       |            |          |       | X        |        |      |          |
| 19/01/2026 | Riz                                                                       |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 19/01/2026 | Brie                                                                      |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 19/01/2026 | Yaourt aromatisé                                                          |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 20/01/2026 | Tartinade de haricots blancs                                              |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |

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|------------|---------------------------------------------------------------------------|-------------------|------------------------------|-----------|--------|-----------|----------------|--------|------|-------|------------|----------|-------|----------|--------|------|----------|
| 20/01/2026 | Sauté de porc LR sauce aigre douce (oignon, tomate, vinaigre)             |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      | X        |
| 20/01/2026 | Beignet stick mozzarella                                                  |                   |                              |           |        |           |                | X      | X    |       |            |          | X     |          |        |      |          |
| 20/01/2026 | Carotte BIO                                                               |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 20/01/2026 | au jus de légumes                                                         |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 20/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 20/01/2026 | Fromage blanc nature                                                      |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 20/01/2026 | Fruit BIO                                                                 |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 21/01/2026 | Panais BIO rémoulade pomme BIO                                            |                   |                              |           |        |           |                |        | X    |       |            | X        | X     |          |        |      |          |
| 21/01/2026 | Omelette BIO                                                              |                   |                              |           |        |           |                |        | X    |       |            |          | X     |          |        |      |          |
| 21/01/2026 | Tortis BIO sauce tomate                                                   |                   |                              |           | X      |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 21/01/2026 | Gouda                                                                     |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 21/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 22/01/2026 | Soupe montagnarde BIO (ail, carotte, céleri, oignon, poireau, pdt, crème) |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 22/01/2026 | Pommes de terre au fromage à tartiflette                                  |                   |                              |           |        |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 22/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 22/01/2026 | Yaourt BIO nature                                                         |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 22/01/2026 | Purée de pommes BIO fraîche et myrtille                                   |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 23/01/2026 | Emincé de chou rouge vinaigrette à la moutarde                            |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 23/01/2026 | Steak haché de veau LR sauce échalote                                     |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 23/01/2026 | Galette de boulgour, haricot rouge et poivron                             |                   |                              |           |        |           |                | X      |      |       |            |          | X     |          |        |      |          |
| 23/01/2026 | Jardinière de légumes (carotte, p.pois, h.vert, navet)                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 23/01/2026 | Fromage frais Tartare nature                                              |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 23/01/2026 | Mousse au chocolat au lait                                                |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 26/01/2026 | Salade de blé aux petits légumes                                          |                   |                              |           | X      |           |                | X      |      |       |            | X        |       |          |        |      | X        |
| 26/01/2026 | Nuggets de pois chiche BIO                                                |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 26/01/2026 | Sauté de boeuf CHAR sauce aux olives                                      |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 26/01/2026 | Haricots verts BIO persillés                                              |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 26/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 26/01/2026 | Petit fromage frais nature au lait entier                                 |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 26/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 27/01/2026 | Courgettes râpées à la ciboulette                                         |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 27/01/2026 | Meunière colin PMD d'Alaska                                               |                   |                              |           |        |           |                | X      | X    |       |            | X        |       | X        |        |      |          |
| 27/01/2026 | Macaroni BIO semi complet                                                 |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 27/01/2026 | Coulommiers                                                               |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 27/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 28/01/2026 | Carottes râpées BIO vinaigrette à la moutarde                             |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 28/01/2026 | Emincé de dinde LR façon cervoise                                         |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 28/01/2026 | Colin d'Alaska PMD sauce végétale pomme curry crémée                      |                   |                              |           |        |           |                |        | X    |       |            | X        |       | X        |        |      |          |
| 28/01/2026 | Chou fleur                                                                |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 28/01/2026 | Emmental                                                                  |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 28/01/2026 | Dessert lacté gélifié saveur vanille                                      |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 29/01/2026 | Salade de betteraves vinaigrette à la moutarde                            |                   |                              |           |        |           |                |        |      |       |            | X        |       |          |        |      | X        |
| 29/01/2026 | Boulettes de boeuf CHAR à l'orientale                                     |                   |                              |           | X      |           |                |        | X    |       |            |          |       |          |        |      |          |
| 29/01/2026 | Boulette de blé tomateé                                                   |                   |                              |           |        |           |                | X      |      |       |            |          |       |          |        |      |          |
| 29/01/2026 | Légumes couscous et semoule                                               |                   |                              |           | X      |           |                | X      | X    |       |            |          |       |          |        |      |          |
| 29/01/2026 | dosette de sucre blanc                                                    |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 29/01/2026 | Yaourt BIO nature                                                         |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 29/01/2026 | Fruit                                                                     |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 30/01/2026 | Soupe à la tomate                                                         |                   | X                            |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
| 30/01/2026 | Parmentier de lentille corail, purée de courgettes BIO                    |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 30/01/2026 | Fromage frais Saint môret                                                 |                   |                              |           |        |           |                |        | X    |       |            |          |       |          |        |      |          |
| 30/01/2026 | Ile flottante                                                             |                   |                              |           |        |           |                |        | X    |       |            |          | X     |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |
|            | 0                                                                         |                   |                              |           |        |           |                |        |      |       |            |          |       |          |        |      |          |

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