



MENUS DECEMBRE 2024 - A REMETTRE AU LIVREUR - AU PLUS TARD LE 20 NOVEMBRE 2024
















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**Prénom :**

Pour toute modification (ajout - suspension) : appeler au  
Pôle Seniors - Service Domicile - CCAS de Nancy

**03 83 39 03 50**

Merci de cocher dans la colonne prévue à cette effet le menu choisi - pas de panachage possible entre plats

	MENU A RETENU EN CAS D'ABSENCE DE CHOIX	CHOIX Case à cocher	MENU B	CHOIX Case à cocher
LUNDI 02-déc	 Chou blanc et maïs Potage de carottes  <b>Colin d'Alaska sauce épices douces</b>  <b>Ratatouille et riz</b>		 Salade aux fonds d'artichaut Potage de carottes  <b>Steak haché au jus</b>  <b>Pommes frites</b>	
MARDI 03-déc	 Fromage frais Saint Môret Yaourt aux fruits Bio Lcl  Menu Végétarien Champignons à la grecque Velouté de lentilles corails  <b>Gratin gnocchetti brocolis cheddar mozzarella</b>		 Bûche de chèvre Yaourt aux fruits Bio Lcl  Salade de PDT Velouté de lentilles corails  <b>Andouillette à la diable</b> <b>Carottes Vichy</b>	
MERCREDI 04-déc	 Soupe de brocolis et mascarpone Potage de légumes racines  <b>Escalope de poulet LR au jus</b> <b>Riz à la tomate</b>		 Acras de morue Potage de légumes racines  <b>Omelette Bio</b> <b>Poêlée forestière</b>	
JEUDI 05-déc	 Tomme blanche Yaourt aux fruits Bio Lcl  Chou kouki Potage Saint-Germain  <b>Mijoté de veau Bio à la moutarde</b> <b>Haricots verts Bio et pomme de terre</b>		 Fromage fondu Cancoillotte Yaourt aux fruits Bio Lcl  Céleri rémoulade Potage Saint-Germain  <b>Palette à la diable</b> <b>Spaëtzles</b>	
VENDREDI 06-déc	 Emmental Liégeois vanille  Poireaux vinaigrette Potage de légumes  <b>Moules Bio sauce crème</b> <b>Pommes rissolées</b>		 Saucisson à l'ail et cornichons Potage de légumes  <b>Sauté de bœuf sauce tomate épicée</b> <b>Poêlée de carottes et navets</b>	
SAMEDI 07-déc	 Yaourt nature Bio Lcl Fruit de saison Bio et petit chocolat  Salade de fenouil vinaigrette citron Potage de céleris  <b>Cuisse de cannette au miel</b> <b>Purée de butternut</b>		 Pyrénées Fruit de saison Bio et petit chocolat  Betterave rouge vinaigrette Potage de céleris  <b>Parmentier de poisson blanc et potiron</b> <b>Salade verte</b>	
DIMANCHE 08-déc	 Camembert AB Riz au lait  Salade de pois chiches Potage de poireaux  <b>Fricassé de volaille LR</b> <b>à la normande</b> <b>Trio de légumes</b>		 Fromage frais Tartare ail et fines herbes Riz au lait  Pomelos Potage de poireaux  <b>Veau façon blanquette</b> <b>Polenta crémeuse</b>	
	 Pont l'Evêque AOP Forêt-Noire		Port-Salut Forêt-Noire	

SOUS RESERVE DE DISPONIBILITE DES PRODUITS

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MENU A RETENU EN CAS D'ABSENCE DE CHOIX		CHOIX Case à cocher	MENU B	CHOIX Case à cocher
LUNDI 09-déc	Salade d'haricots rouges - épices chili Potage de potirons  <b>Cordon bleu (volaille)</b> <b>Purée de panais</b>  Tomme de Pierre Percée Fruit de saison Lcl		Salade azur (haricots verts) Potage de potirons  <b>Boulette de bœuf Bio sauce tomate</b> <b>Tagliatelles (pâtes)</b>  Edam Fruit de saison Lcl	
MARDI 10-déc	Dès de carottes cuites en salade Potage de légumes  <b>Knack Lcl</b> <b>Lentilles mijotées Bio Lcl</b>  Yaourt nature Bio Lcl Fruit de saison Bio		Pépinettes (pâtes) au pistou Potage de légumes  <b>Pâté lorrain</b> <b>Salade verte</b>  Fromage frais Cantadou Fruit de saison Bio	
MERCREDI 11-déc	Carottes râpées vinaigrette Potage de brocolis  <b>Emincé de saumon sauce citron</b> <b>Farfalles</b>  Saint Nectaire AOP Compote pomme poire		Tarte aux poireaux Potage de brocolis  <b>Quenelles nature sauce tomate</b> <b>Cordiale de légumes</b>  Montboissié Compote pomme poire	
JEUDI 12-déc	Chou rouge vinaigrette aux herbes Potage de choux-fleurs  <b>Rôti de bœuf au jus</b> <b>Haricots verts Bio et blé</b>  Petit fromage frais Tarte au flan		Macédoine en salade Potage de choux-fleurs  <b>Sauce façon vol au vent</b> <b>Céréales gourmandes</b>  Mélusin Tarte au flan	
VENDREDI 13-déc	Potage de potirons Potage de champignons  <b>Tarte au fromage</b>  <b>Salade verte Bio</b>  Camembert Crème dessert Bio Lcl indiv		Fromage de tête Potage de champignons  <b>Tajine de poisson blanc MSC (carotte, oignon, poivron, miel, cannelle)</b> <b>Légumes façon tajine (carottes, navets, courgettes)</b>  Fournols Crème dessert Bio Lcl indiv	
SAMEDI 14-déc	Salade du meunier (blé, tomate, concombre, maïs) Potage de carottes  <b>Sauté de veau aux champignons</b> <b>Chou vert à la crème de thym</b>  Pointe de brie Liégeois café		Salade de petits pois Potage de carottes  <b>Boudin noir aux pommes</b> <b>Pommes purée</b>  Rouy Liégeois café	
DIMANCHE 15-déc	Taboulé à la menthe Velouté de lentilles corails  <b>Colin d'Alaska à la basquaise</b> <b>Carottes Vichy</b>  Tomme d'Auvergne AB Eclair à la vanille		Iceberg vinaigrette crémeuse Velouté de lentilles corails  <b>Omelette</b> <b>Riz à la tomate</b>  Bûche du Pilat Eclair à la vanille	

**SOUS RESERVE DE DISPONIBILITE DES PRODUITS**
















































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LUNDI 16-déc	 Macédoine Bio Vinaigrette Potage de légumes racines  <b>Parmentier de canard - haricots blancs et purée de céleris</b>		Jambon cru et beurre Potage de légumes racines  <b>Langue de bœuf sauce tomate Navets persillées et PDT</b>  Bûche de lait mélange Fruit de saison	
MARDI 17-déc	                                               			

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LUNDI 23-déc	Panais rémoulade aux pommes Potage Dubarry <b>Parmentier de volaille kébab fêtes et purée de carottes</b>  Cantal AOP Ile flottante		Brocolis aux amandes Potage Dubarry <b>Tête de veau sauce gribiche Pommes vapeur</b> Saint-Bricet Ile flottante	
MARDI 24-déc	 	Salade océane (salade, saumon) Potage de brocolis <b>Pintade sauce foie gras Mélange de légumes d'antan (courge butternut, panais, patate douce, carotte jaune)</b>		
MERCREDI 25-déc		Terrine de chevreuil Potage de champignons <b>Filet de plie sauce butternut champignons Tagliatelles</b>		
JEUDI 26-déc	Crêpe au fromage Potage de carottes  <b>Sauté de bœuf Lcl sauce goulash (paprika) Petits pois carottes</b> Fromage frais Tartare nature Fruit de saison		Soupe à la crème de courgette et petits pois Potage de carottes  <b>Colin d'Alaska sauce ciboulette</b> <b>Blé tendre</b> Tomme blanche Fruit de saison	
VENDREDI 27-déc	 Taboulé Bio Velouté de lentilles corails <b>Colin d'Alaska pané riz soufflé et citron</b>  <b>Epinards branches Bio béchamel</b> Coulommiers Cake au chocolat		 <b>Escalope de volaille LR à la normande</b> <b>Tagliatelles</b> Fol Epi Cake au chocolat	
SAMEDI 28-déc	Brunoise de carottes cuites en salade Potage de légumes racines <b>Tomate farcie</b> <b>Riz créole</b> Fournols Beignet aux pommes		 <b>Poisson blanc sauce blanquette</b> <b>Bouquetière de légumes (chou fleur, haricot vert, carotte)</b> Fromage frais Rondelé aux noix Beignet aux pommes	
DIMANCHE 29-déc	Batavia vinaigrette Potage Saint-Germain  <b>Rôti de veau LR sauce aux marrons</b> <b>Gratin dauphinois</b> Mimolette stick Brownie et crème anglaise		<b>Quiche lorraine</b> <b>Salade verte</b> Port salut Brownie et crème anglaise	







































































































































































































































































































































































































































**NOM :**

**Prénom :**

Pour toute modification (ajout - suspension) : appeler au  
Pôle Seniors - Service Domicile - CCAS de Nancy

**03 83 39 03 50**

Merci de cocher dans la colonne prévue à cette effet le menu choisi - pas de panachage possible entre plats

	MENU A RETENU EN CAS D'ABSENCE DE CHOIX	CHOIX Case à cocher	MENU B	CHOIX Case à cocher
LUNDI 30-déc	 Carottes râpées Bio vinaigrette Potage de légumes  <b>Lasagne de bœuf volaille</b> <b>Salade verte</b> Emmental Compôte de pomme		Potage de potiron et fromage fondu Potage de légumes  <b>Filet de poisson sauce agrumes</b> <b>Riz aux petits légumes</b> Fromage frais Petit-Cotentin Compôte de pomme	
MARDI 31-déc	                                                       			

                                                        

                                                        

                                                        

                                                        

                                                        

                                                        

                     |                           |   |                           |