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| NOM :    | ADRESSE : |
| PRÉNOM : |           |



## SEMAINE DU 09 AU 15 MARS 2026

RESERVATION AVANT LE JEUDI MIDI

NUMERO DE TELEPHONE : **087/69.33.10** ou MAIL : **repas@cpas-herve.be**



MERCİ DE COMPLETER VOTRE CHOIX DANS LES CASES CI-DESSOUS EN INDIQUANT LE NOMBRE DE REPAS SOUHAITÉ ET DE RENDRE LA FEUILLE A NOS AGENTS POUR JEUDI AU PLUS TARD

### RD3

#### MENU DU JOUR

#### MENU DE REMPLACEMENT

#### 3ème CHOIX

NE PAS RECONGELER !

MENU FROID A RECHAUFFER

MENU FROID A RECHAUFFER

MENU FROID A RECHAUFFER

|                                    | MENU DU JOUR                                                                                                                                                                                                                                                                                                                           |                                | MENU DE REMPLACEMENT                                                                                                                                                                                                                                                                                                                                       |                  | 3ème CHOIX                                                                                                                                                                                                                                                                    |     |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| LUNDI<br>09/03                     | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>CREME D'ASPERGES<br/>PAIN DE VIANDE SCE RAISINS<br/>DEMI POIRE<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>               | 7<br>O<br>U                    | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>CREME D'ASPERGES<br/>ROTI DE PORC SCE MOUTARDE<br/>POIS ET CAROTTES AUX ECHALOTES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                | 7<br>10<br>U     | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| MARDI<br>10/03                     | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE LENTILLE CORAIL CAROTTES<br/>BOUCHEE A LA REINE<br/>PUREE<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                          | 1<br>7<br>O<br>U               | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE LENTILLE CORAIL CAROTTES<br/>ROTI DE PORC SCE MOUTARDE<br/>POIS ET CAROTTES AUX ECHALOTES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 10<br>O<br>U     | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| MERCREDI<br>11/03                  | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE AUX SALSIFIS<br/>PATES<br/>SAUCE BOLOGNAISE<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                                        | 1<br>7<br>O<br>U               | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE AUX SALSIFIS<br/>ESCALOPE DE POULET<br/>HARICOTS AUX ECHALOTES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                            | O<br>U           | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| JEUDI<br>12/03                     | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE AUX OIGNONS<br/>CREPINETTE<br/>EPINARDS A LA CREME<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                    | O<br>7<br>U                    | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE AUX OIGNONS<br/>ESCALOPE DE POULET<br/>HARICOTS AUX ECHALOTES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                             | O<br>U           | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| VENDREDI<br>13/03                  | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>VELOUTE DE TOMATES<br/>FILET DE SAUMON SCE BEARNAISE<br/>TRIO DE LEGUMES<br/>POMMES GRENAILLES<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 7<br>4-1-3-7-10<br>O<br>7<br>U | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>VELOUTE DE TOMATES<br/>SAUCISSE ROTIE<br/>BRUNOISE DE LEGUMES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                                    | 7<br>9<br>O<br>U | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| MENU DU WEEK-END LIVRÉ LE VENDREDI |                                                                                                                                                                                                                                                                                                                                        |                                |                                                                                                                                                                                                                                                                                                                                                            |                  |                                                                                                                                                                                                                                                                               |     |
| SAMEDI<br>14/03                    | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE DU JOUR<br/>SAUCISSE ROTIE<br/>BRUNOISE DE LEGUMES<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                    | 9                              | O<br>U                                                                                                                                                                                                                                                                                                                                                     |                  | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |
| DIMANCHE<br>15/03                  | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE DU JOUR<br/>SAUTE DE PORC<br/>ASPERGES AU BEURRE<br/>POMMES NATURE<br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div>                      | 7                              | O<br>U                                                                                                                                                                                                                                                                                                                                                     |                  | <div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between;"> <div>POTAGE<br/>HACHIS<br/>PARMENTIER<br/><br/>DESSERT DU JOUR</div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> </div> | 1-7 |

#### MENU FROID A RECHAUFFER

FOUR PRECHAUFFE 150°C PENDANT 30 MINUTES

FOUR MICRO-ONDES - PUISSANCE 500 W PENDANT 2-3 MINUTES

CONSERVATION DES REPAS : AU FRIGO + 4°C MAXIMUM ET 3 JOURS MAXIMUM



## ALLERGENES :



gluten

**= 1**



soja

**= 6**



sésame

**= 11**



crustacés

**= 2**



lait

**= 7**



sulfites

**= 12**



oeufs

**= 3**



fruits à coque

**= 8**



lupin

**= 13**



poisson

**= 4**



céleri

**= 9**



molluques

**= 14**



arachide

**= 5**



moutarde

**= 10**