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



## SEMAINE DU 13 AU 19 AVRIL 2026

**RESERVATION AVANT LE JEUDI**

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



MERCI 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

**RD 1**

MENU DU JOUR

MENU DE REMPLACEMENT

3ème CHOIX

NE PAS RECONGELER !  
MENU FROID A RECHAUFFER

MENU FROID A RECHAUFFER

MENU FROID A RECHAUFFER

|                                    | MENU FROID A RECHAUFFER  |                         | MENU FROID A RECHAUFFER   |                        | 3ème CHOIX<br>MENU FROID A RECHAUFFER  |
|------------------------------------|--|-------------------------|---|------------------------|--|
| LUNDI<br>13/04                     | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE JULIENNE AU CURRY</p> <p style="color: green; margin: 0;">MELEE LIEGEOISE</p> <p style="color: green; margin: 0;">SAUCISSE</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>  | 9<br>7-10-12<br>O<br>U  | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: magenta; margin: 0;">POTAGE JULIENNE AU CURRY</p> <p style="color: magenta; margin: 0;">ROTI DE DINDE SCE PORTO</p> <p style="color: magenta; margin: 0;">ASPERGES AU BEURRE</p> <p style="color: magenta; margin: 0;">POMMES NATURE</p> <p style="color: magenta; margin: 0;">DESSERT DU JOUR</p> | 9<br>12<br>7<br>O<br>U | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| MARDI<br>14/04                     | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE AU CELERI RAVE</p> <p style="color: green; margin: 0;">GYROS</p> <p style="color: green; margin: 0;">PATES GRECQUES</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>   | 9<br>6-7<br>1<br>O<br>U | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: magenta; margin: 0;">POTAGE AU CELERI RAVE</p> <p style="color: magenta; margin: 0;">ROTI DE DINDE SCE PORTO</p> <p style="color: magenta; margin: 0;">ASPERGES AU BEURRE</p> <p style="color: magenta; margin: 0;">POMMES NATURE</p> <p style="color: magenta; margin: 0;">DESSERT DU JOUR</p>    | 8-9<br>O<br>U          | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| MERCREDI<br>15/04                  | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE AUX OIGNONS</p> <p style="color: green; margin: 0;">WATERZOOI DE POULET</p> <p style="color: green; margin: 0;">PUREE</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>   | 7-9<br>7<br>O<br>U      | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: magenta; margin: 0;">POTAGE AUX OIGNONS</p> <p style="color: magenta; margin: 0;">SAUCISSE ROTIE</p> <p style="color: magenta; margin: 0;">HARICOTS BEURRE</p> <p style="color: magenta; margin: 0;">POMMES NATURE</p> <p style="color: magenta; margin: 0;">DESSERT DU JOUR</p>                   | O<br>U                 | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| JEUDI<br>16/04                     | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE CULTIVATEUR</p> <p style="color: green; margin: 0;">OISEAU SANS TETE SCE ESPAGNOLE</p> <p style="color: green; margin: 0;">POIS AUX ECHALOTTES</p> <p style="color: green; margin: 0;">POMMES GRENAILLE</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p> | 9<br>O<br>U             | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: magenta; margin: 0;">POTAGE CULTIVATEUR</p> <p style="color: magenta; margin: 0;">SAUCISSE ROTIE</p> <p style="color: magenta; margin: 0;">HARICOTS BEURRE</p> <p style="color: magenta; margin: 0;">POMMES NATURE</p> <p style="color: magenta; margin: 0;">DESSERT DU JOUR</p>                   | 9<br>O<br>U            | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| VENDREDI<br>17/04                  | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE AUX FEVES</p> <p style="color: green; margin: 0;">FILET DE CABILLAUD</p> <p style="color: green; margin: 0;">EPINARDS A LA CREME</p> <p style="color: green; margin: 0;">POMMES PERSILLEES</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>              | 4<br>7<br>O<br>U        | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: magenta; margin: 0;">POTAGE AUX FEVES</p> <p style="color: magenta; margin: 0;">FILET DE POULET</p> <p style="color: magenta; margin: 0;">SAUCE PROVENCALE</p> <p style="color: magenta; margin: 0;">POMMES NATURE</p> <p style="color: magenta; margin: 0;">DESSERT DU JOUR</p>                   | 9<br>O<br>U            | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| MENU DU WEEK-END LIVRÉ LE VENDREDI |  |                         |   |                        |  |
| SAMEDI<br>18/04                    | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE DU JOUR</p> <p style="color: green; margin: 0;">FILET DE POULET</p> <p style="color: green; margin: 0;">SAUCE PROVENCALE</p> <p style="color: green; margin: 0;">POMMES NATURE</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>                          |                         | O<br>U  |                        | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |
| DIMANCHE<br>19/04                  | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: green; margin: 0;">POTAGE DU JOUR</p> <p style="color: green; margin: 0;">STEAK HACHE</p> <p style="color: green; margin: 0;">BRUNOISE DE LEGUMES</p> <p style="color: green; margin: 0;">POMMES NATURE</p> <p style="color: green; margin: 0;">DESSERT DU JOUR</p>                           |                         | O<br>U  |                        | <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <input style="width: 100%; height: 20px;" type="text"/> </div> <p style="color: blue; margin: 0;">POTAGE</p> <p style="color: blue; margin: 0;">CUISSÉ DE POULET</p> <p style="color: blue; margin: 0;">POMMES NATURE</p> <p style="color: blue; margin: 0;">COMPOTE</p> <p style="color: blue; margin: 0;">DESSERT DU JOUR</p> |

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