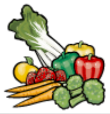
ÉTÉ Semaine 3

Jour 1

Collation de l'avant-midi

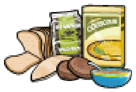


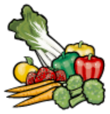
♥ Fruits : ______________________

Dîner

Mets Principal :

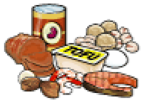
♥ Salade de macaronis
(piments et oignons)

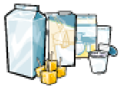




Accompagnement :

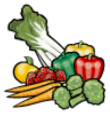
♥ œufs durs
♥ Fromage





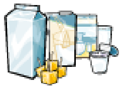
Dessert :

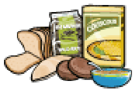
♥ Compote de pommes
♥ Lait

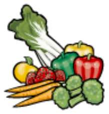


Collation de l'après-midi

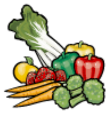
♥ Barres aux abricots
♥ Lait

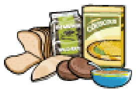


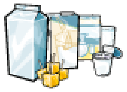


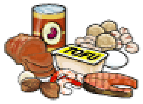


Portions servies au CPE :

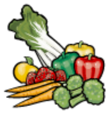
♥  = 2 portions

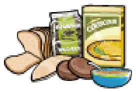
♥  = 2 portions

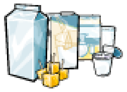
♥  = 3 portions

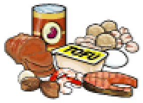
♥  = 1 portion

Portions à servir à la maison :

♥  = 2 à 3 portions

♥  = 1 à 2 portions

♥  = Complet au CPE
servir à volonté à la maison !!!!

♥  = Complet au CPE
servir à volonté à la maison !!!!

ÉTÉ Semaine 3

Jour 2

Collation de l'avant-midi

- Fruits : ____________________

Dîner

Mets Principal :

- Riz au thon
  (piments, oignons, et
  carottes)

Accompagnement :

- Choux de Bruxelles

Dessert :

- Poires
- Lait

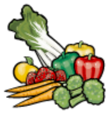
Collation de l'après-midi

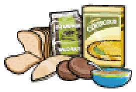
- Mini pita

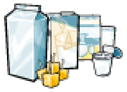
- Fromage

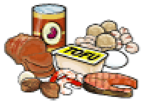
- Jus de fruits : ____________________

Portions servies au CPE :

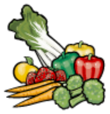
♥  = 3 1/2 portions

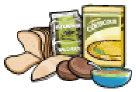
♥  = 3 portions

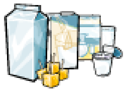
♥  = 2 portions

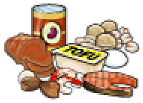
♥  = 1 portion

Portions à servir à la maison :

♥  = 1 à 2 portions

♥  = 1 portion

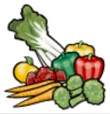
♥  = 1 portion

♥  = Complet au CPE
servir à volonté à la maison !!!!

ÉTÉ Semaine 3

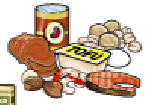
Jour 3

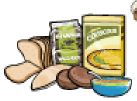
Collation de l'avant-midi

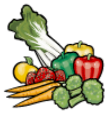


- Fruits : ______________________

Dîner



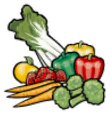




Mets Principal :

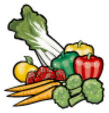
- Sandwich au jambon

Accompagnement :



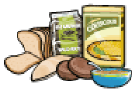
- Carottes
- Concombres
- Trempette

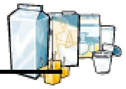
Dessert :



- Ananas
- Lait

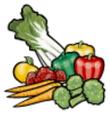
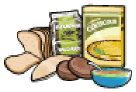
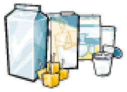
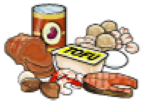
Collation de l'après-midi



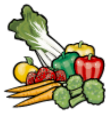
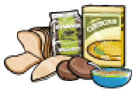
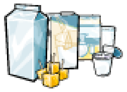
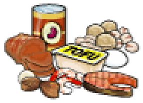


- Barre de céréales
- Yogourt à boire : ______________________

Portions servies au CPE :

-  = 3 portions
-  = 2 portions
-  = 2 portions
-  = 1 portion

Portions à servir à la maison :

-  = 2 à 3 portions
-  = 1 à 2 portions
-  = 1 portion
-  = Complet au CPE

servir à volonté à la maison !!!!

ÉTÉ Semaine 3

Jour 4

Collation de l'avant-midi

- Fruits : ____________

Dîner

Mets Principal :

- Hamburger de veau
  (oignons)

Accompagnement :

- Salade césar
- Fromage

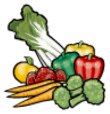
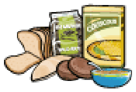
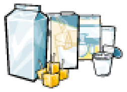
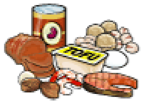
Dessert :

- Gélatines aux fruits : ____________
- Lait

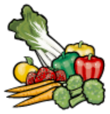
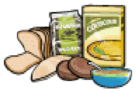
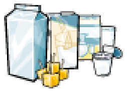
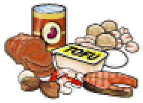
Collation de l'après-midi

- Biscuits graham
- Fromage Philadelphia
- Lait

Portions servies au CPE :

-  = 2 1/2 portions
-  = 2 portions
-  = 3 portions
-  = 1 portion

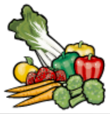
Portions à servir à la maison :

-  = 2 à 3 portions
-  = 1 à 2 portions
-  = Complet au CPE
  servir à volonté à la maison !!!!
-  = Complet au CPE
  servir à volonté à la maison !!!!

ÉTÉ Semaine 3

Jour 5

Collation de l'avant-midi

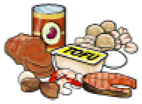


♥ Fruits : ____________________

Dîner

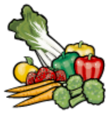
Mets Principal :

♥ Quesadillas au tofu
(piments et oignons)

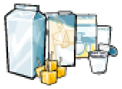


Accompagnement :

♥ Jus de légumes
♥ Concombres

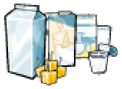


♥ Crème sure



Dessert :

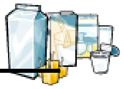
♥ Yogourt aux fruits (fraises, framboises, pêches et vanille)



♥ Lait

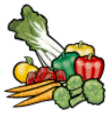
Collation de l'après-midi

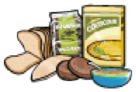
♥ Smoothies : ____________________

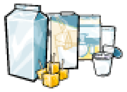


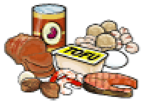
♥ Biscuits arrowroot

Portions servies au CPE :

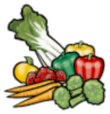
♥  = 3 1/2 portions

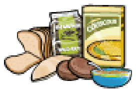
♥  = 1 portion

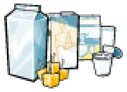
♥  = 3 portions

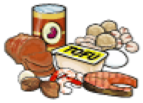
♥  = 1 portion

Portions à servir à la maison :

♥  = 1 à 2 portions

♥  = 2 à 3 portions

♥  = Complet au CPE
servir à volonté à la maison !!!!

♥  = Complet au CPE
servir à volonté à la maison !!!!