

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
Matin	jus+omlette +legumes Brioches+café+yaourt ditox+biscot+miel	oeuf+pain+fruit pancake fraise+jus Brioches+café+yaourt	jus+omlette +legumes Brioches+café+yaourt ditox+biscot+miel	smoothie banane+toste Brioches+café+yaourt Brioches+café+yaourt	Smoothie KIWI+fromage Brioches+café+yaourt Brioches+café+yaourt	thé+pancake +chocolat Brioches+café+yaourt Brioches+café+yaourt
midi	Salade+omlette +legumes Brioches+café+yaourt ditox+biscot+miel	Salade+pain+fruit pancake fraise+jus Brioches+café+yaourt	Salade+pain+fruit pancake fraise+jus Brioches+café+yaourt	oeuf+pain+fruit pancake fraise+jus Brioches+café+yaourt	Salade+pain+fruit pancake fraise+jus Brioches+café+yaourt	oeuf+pain+fruit pancake fraise+jus Brioches+café+yaourt
Soir	Avocat+omlette +legumes Brioches+café+yaourt ditox+biscot+miel	Salade+pain+fruit pancake fraise+jus Brioches+café+yaourt	Avocat+pain+fruit pancake fraise+jus Brioches+café+yaourt	oeuf+pain+fruit Brioches+café+yaourt pancake fraise+jus	oeuf+pain+fruit pancake fraise+jus Brioches+café+yaourt	oeuf+pain+fruit pancake fraise+jus Brioches+café+yaourt