



Recettes du mois d'avril

- 1. Quiche aux asperges & truite fumée
- 2. Poulet, fondue de poireaux au curry & riz
- 3. Cabillaud, légumes vapeur & sauce fines herbes
- 4. Gratin de pâtes, jambon & brocoli
- 5. Burger poulet crousti sauce deluxe et potatoes
- 6. Pancakes épinards, œuf & ricotta
- 7. One pan poulet & riz à la tomate
- 8. Hachis parmentier végé express
- 9. Filet mignon à la moutarde, pommes de terre & brocoli
- 10. Tartines de rillettes aux sardines & La Vache qui rit®
- 11. Lasagnes pesto & brocolis
- 12. Bouillon nouilles de riz, poulet & légumes
- 13. Gnocchi aux tomates crémeuses & prosciutto
- 14. Curry de pois chiches coco cacahuètes
- 15. Steak haché, pommes grenaille & salade
- 16. Frittata aux champignons & jambon
- 17. Salade de couscous & saumon grillé
- 18. Quiche aux asperges & fromage frais
- 19. Œufs cocotte au thon & Pavé d'Affinois
- 20. Tacos bowl
- 21. Gratin d'asperges au jambon
- 22. Poulet parma & salade
- 23. Quiche chèvre épinards
- 24. Burger avocat saumon
- 25. Curry de pois chiches & mélange de céréales
- 26. Pâtes au poulet & pesto
- 27. Quiche au thon & ratatouille
- 28. Bowl poulet sauce cacahuète, concombres & riz
- 29. Salade de lentilles au chèvre & noisettes
- 30. Boulettes au bœuf à la toscane

LUNDI

MARDI

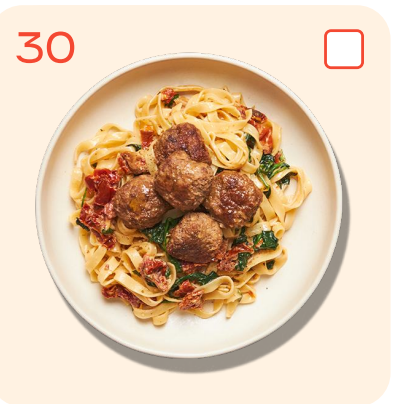
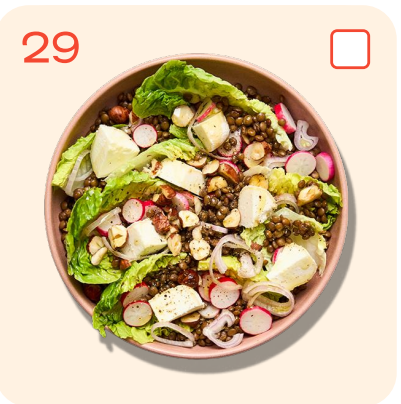
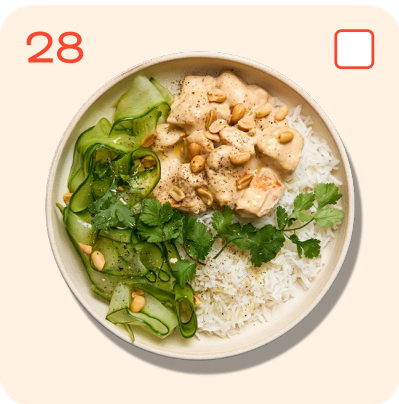
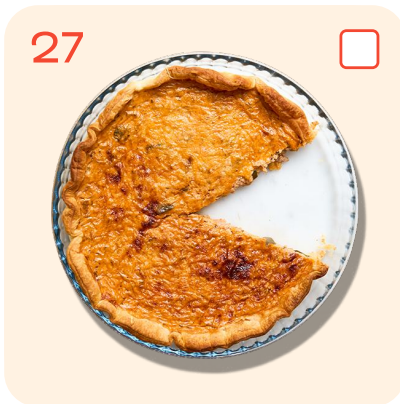
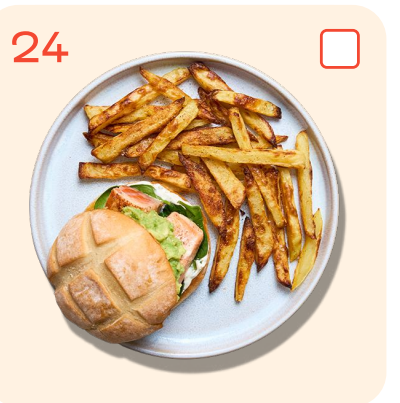
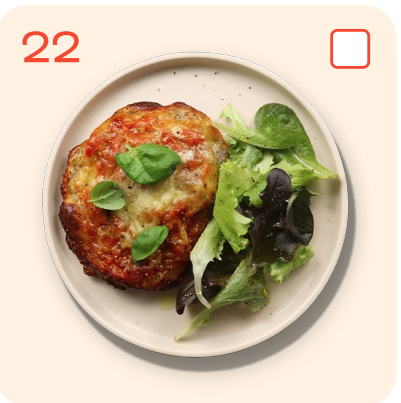
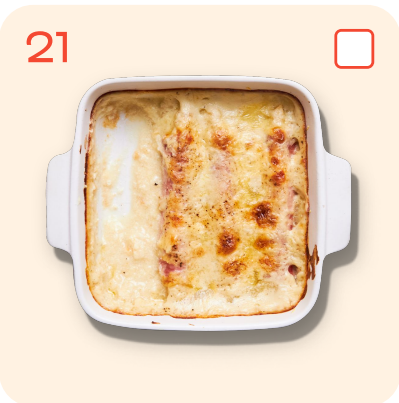
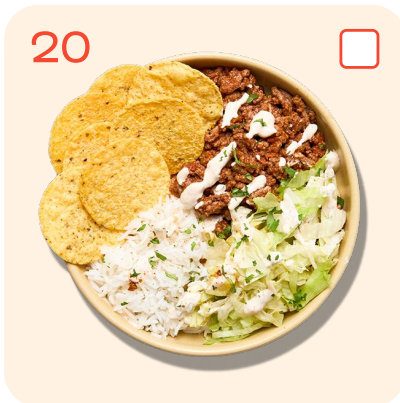
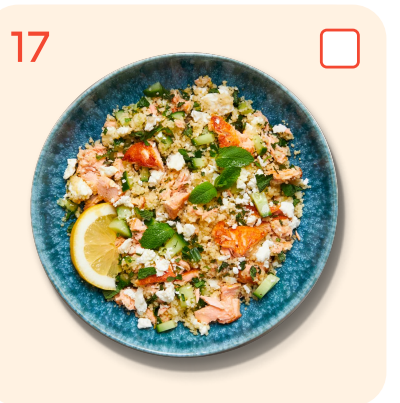
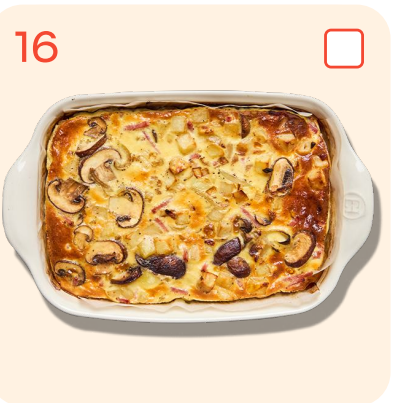
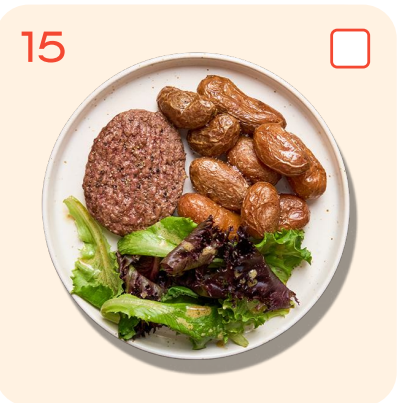
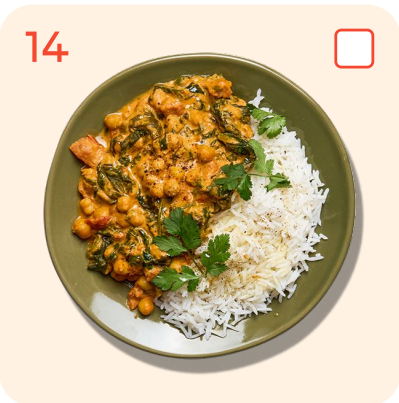
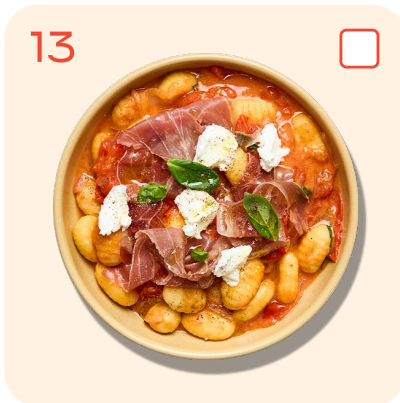
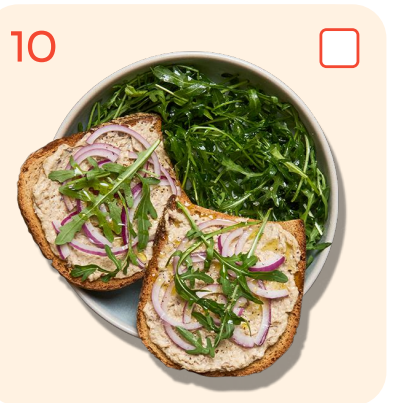
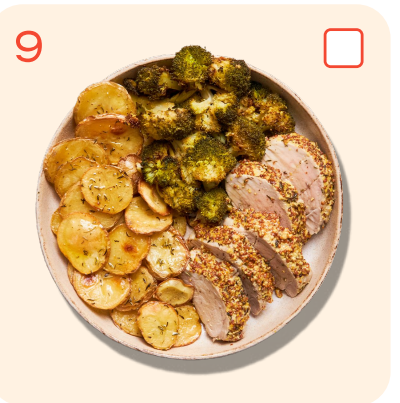
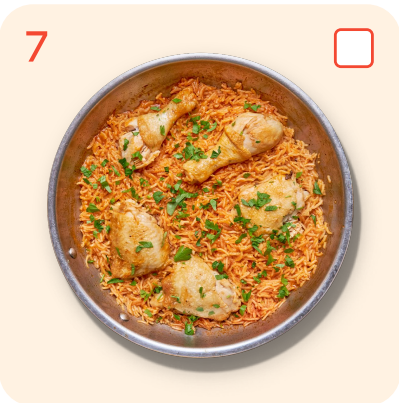
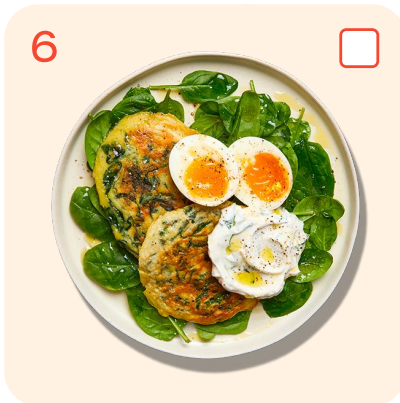
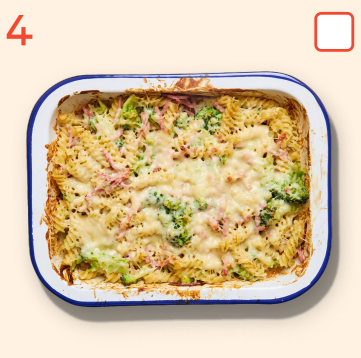
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