

LA BELLE  
CANTINE  
DE TIANA

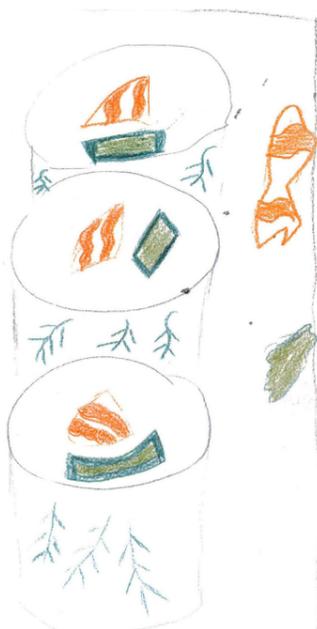
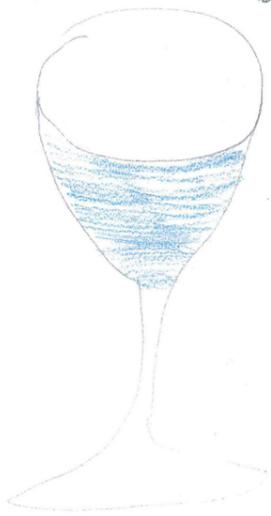


A P I  
appétit plaisir idée



# J'APPRENDS LES FRUITS ET LÉGUMES DE SAISON

cuisine du monde  
Makis au saumon







# HIVER

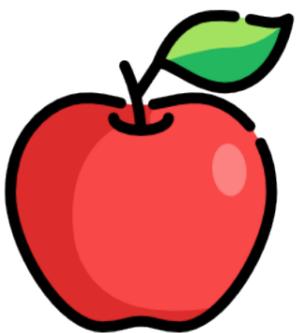




# JANVIER

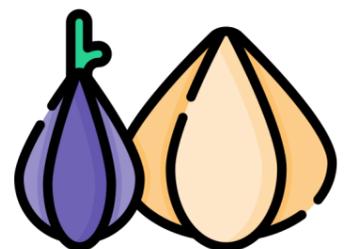
## Fruits du mois

Pomme  
Poire  
Kiwi  
Citron  
Clémentine  
Orange



## Légumes du mois

Épinard  
Potimarron  
Courge  
Carotte  
Céleri  
Poireau  
Panais  
Choux  
Échalotte  
Oignon  
Ail  
Navet  
Betterave  
Radis noir  
Endive  
Blette



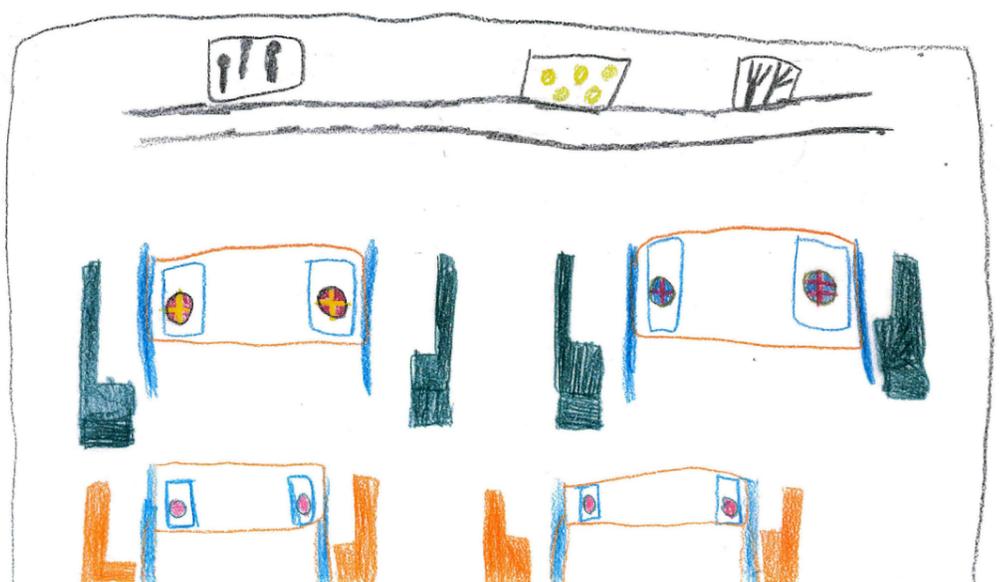
♥  
CANTINE



# JANVIER

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14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

CANTINE

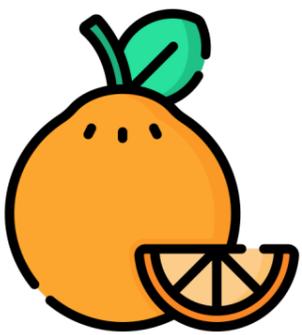




# FÉVRIER

## Fruits du mois

**Pomme**  
**Poire**  
**Kiwi**  
**Citron**  
**Clémentine**  
**Orange**  
**Pomelos**



## Légumes du mois

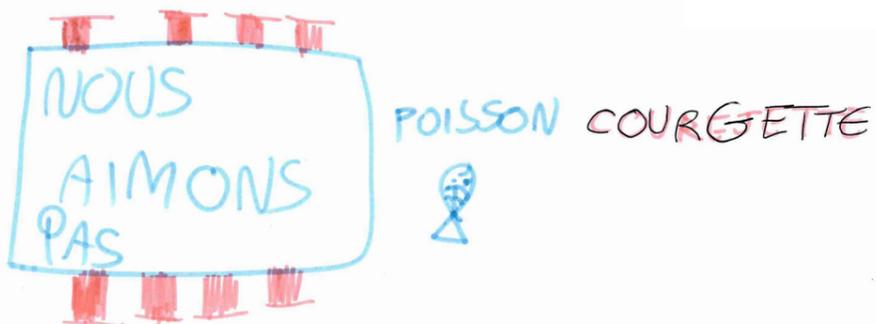
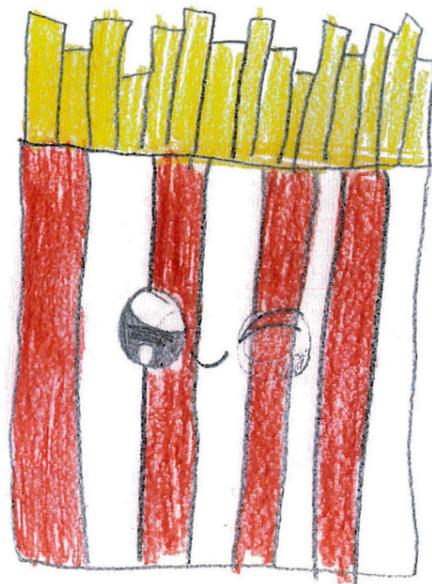
**Épinard**  
**Potimarron**  
**Courge**  
**Carotte**  
**Céleri**  
**Poireau**  
**Panais**  
**Choux**  
**Échalotte**  
**Oignon**  
**Ail**  
**Navet**  
**Betterave**  
**Radis noir**  
**Endive**  
**Blette**





# FÉVRIER

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19	20	21	22	23
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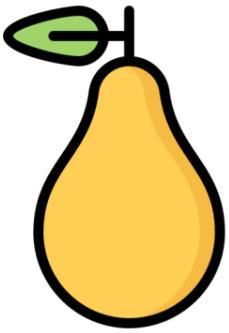




# MARS

## Fruits du mois

Pomme  
Poire  
Kiwi  
Citron  
Clémentine  
Orange  
Pomelos



## Légumes du mois

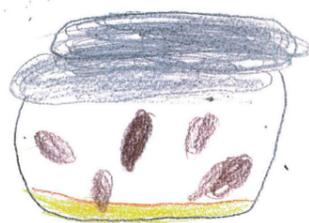
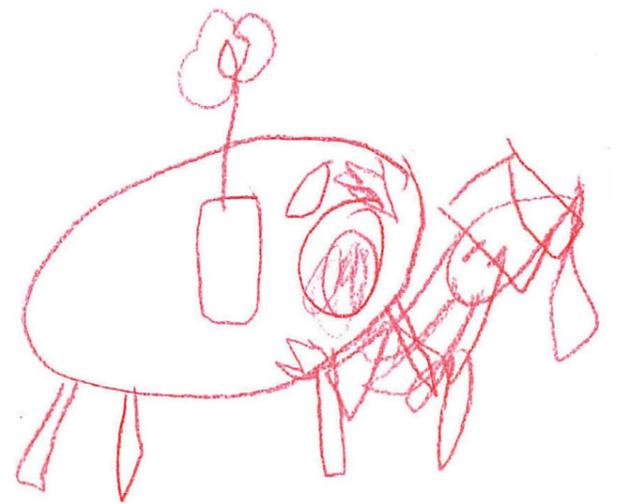
Épinard  
Potimarron  
Courge  
Carotte  
Céleri  
Poireau  
Panais  
Choux  
Échalotte  
Oignon  
Ail  
Navet  
Betterave  
Radis noir  
Endive  
Blette



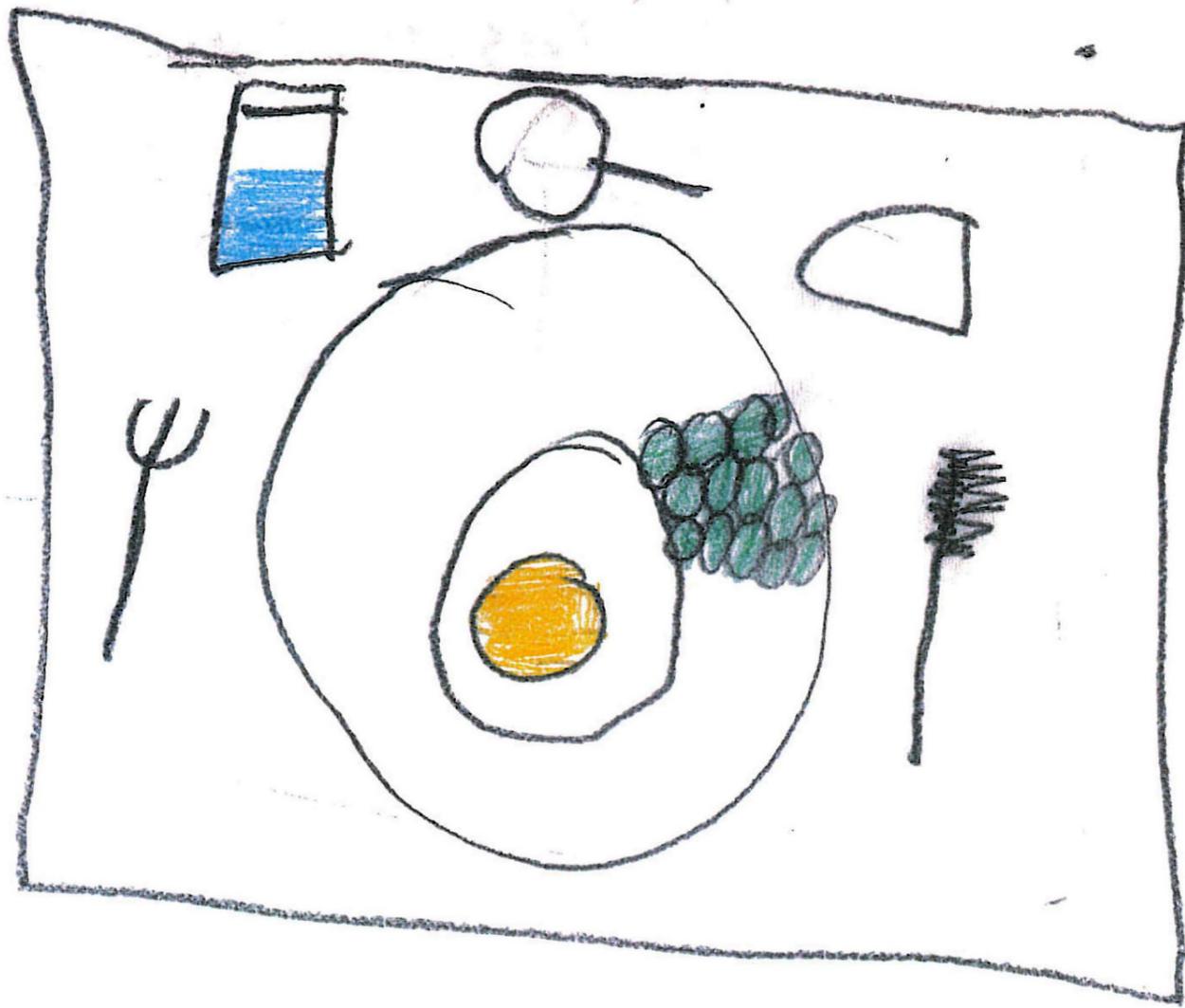


# MARS

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9	10	11	12	13
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		







# PRINTEMPS

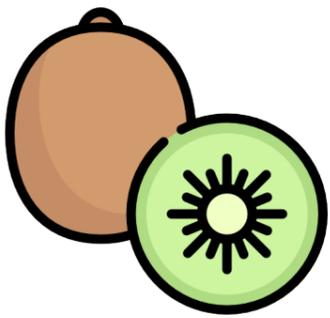




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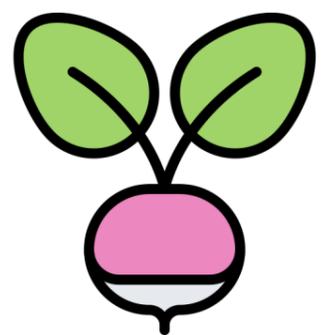
## Fruits du mois

Pomme  
Rhubarbe  
Kiwi  
Citron  
Clémentine  
Pomelos



## Légumes du mois

Fève  
Épinard  
Blette  
Céleri  
Oignon blanc  
Radis noir  
Radis rose  
Asperge  
Poireau  
Carotte  
Choux  
Navet  
Endive





# AVRIL

		1	2	3
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24	25	26	27	28
29	30			





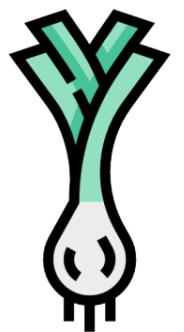
## Fruits du mois

Fraise  
Cerise  
Rhubarbe  
Pomelos



## Légumes du mois

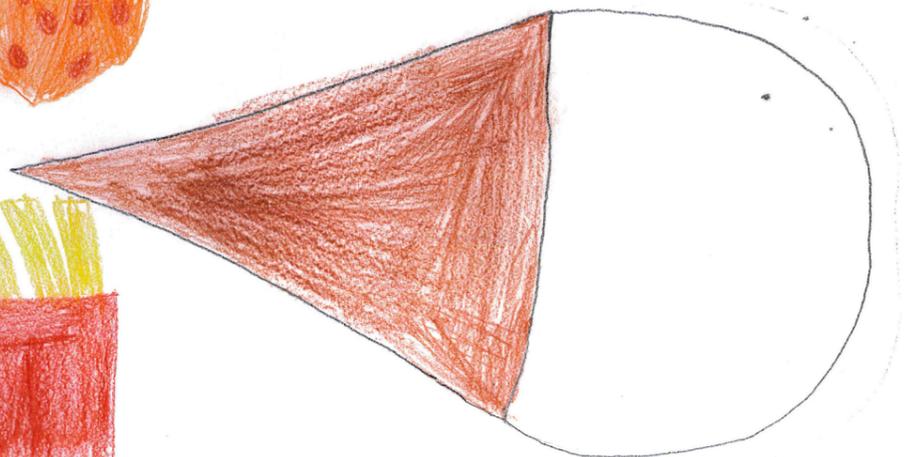
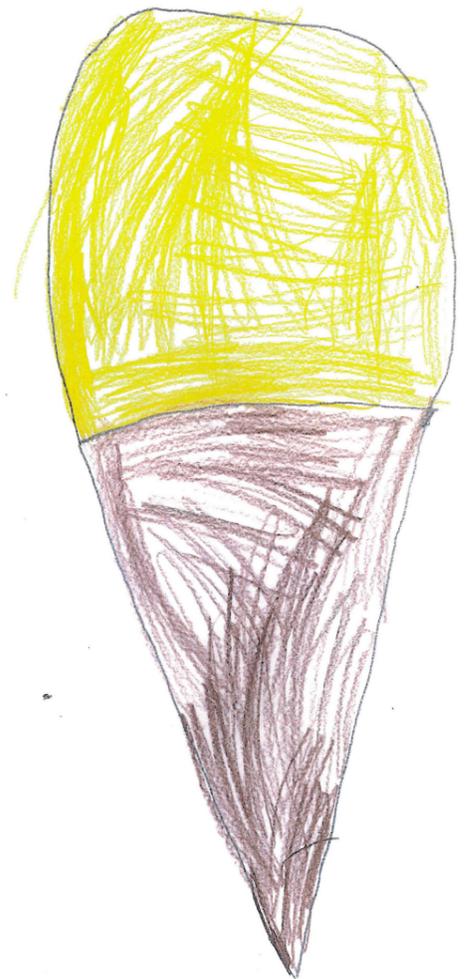
Choux fleur  
Ail  
Radis rose  
Asperge  
Artichaux  
Choux  
Pomme de terre  
Oignon blanc  
Céleri blanche  
Courgette  
Petit pois  
Fève  
Fenouil  
Carotte  
Épinard  
Poireau  
Carotte  
Navet





# MAI

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14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

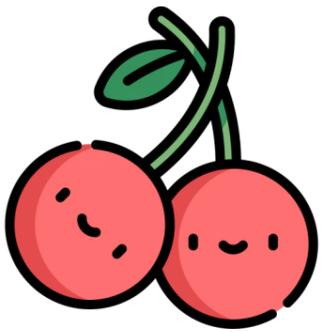




# JUIN

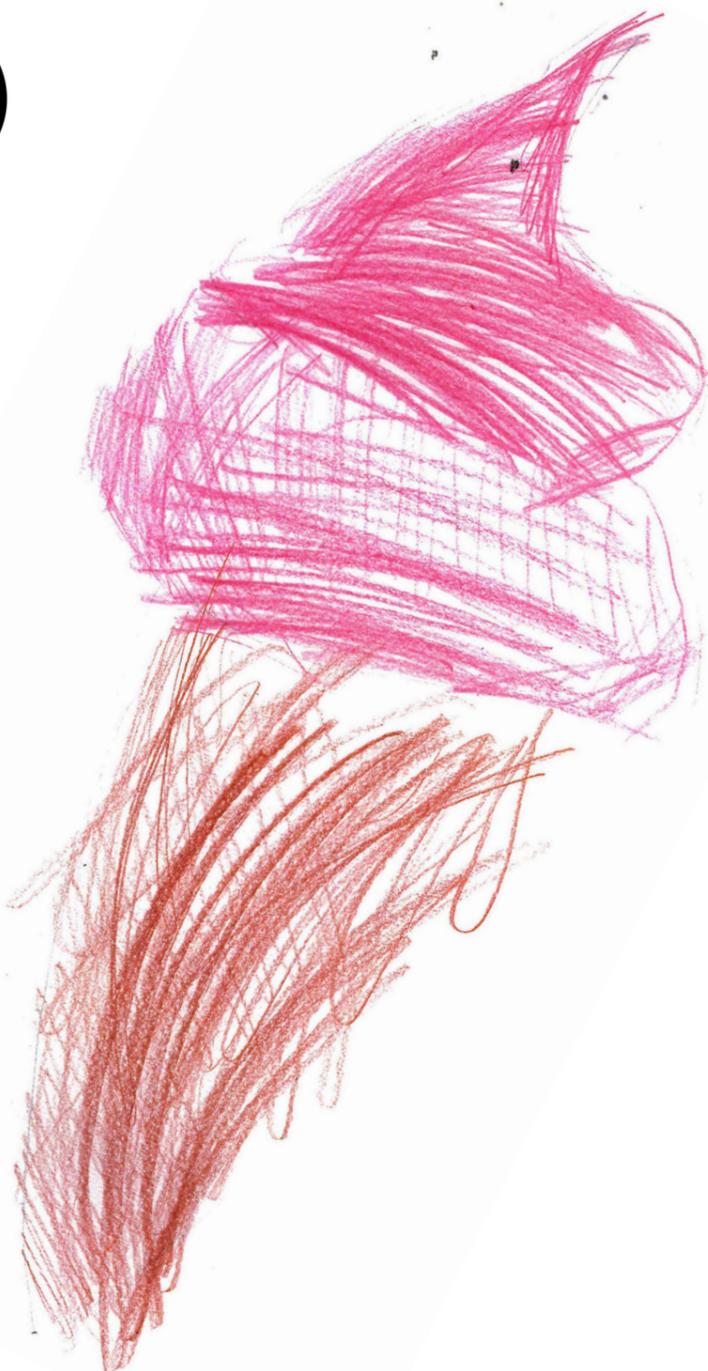
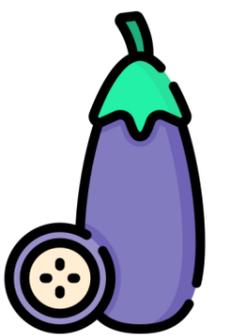
## Fruits du mois

Fraise  
Framboise  
Cerise  
Abricot  
Melon  
Pêche  
Pomelos



## Légumes du mois

Brocoli  
Ail  
Radis rose  
Choux  
Concombre  
Poireau  
Artichaut  
Betterave  
Blette  
Oignon blanc  
Fenouil  
Tomate  
Pomme de terre  
Haricot vert  
Courgette  
Aubergine  
Petit Pois  
Poivron  
Fève  
Carotte  
Navet  
Céleri





# JUIN

		1	2	3
4	5	6	7	8
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14	15	16	17	18
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24	25	26	27	28
29	30			







# ÉTÉ

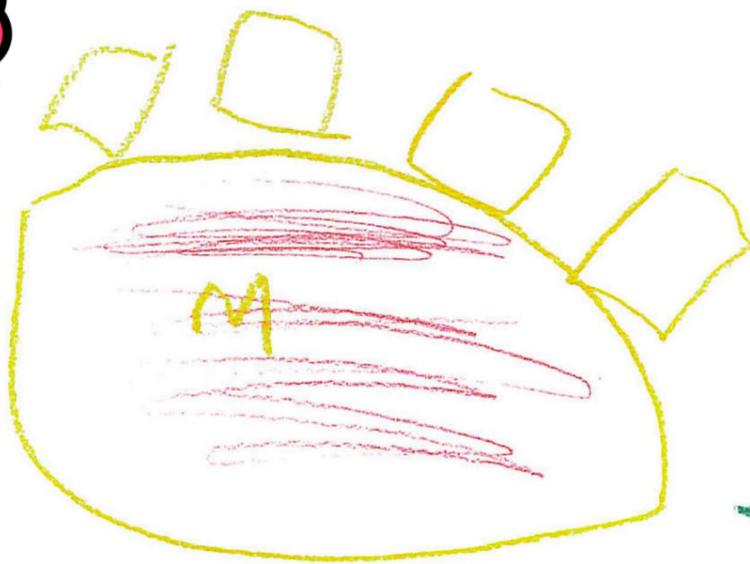




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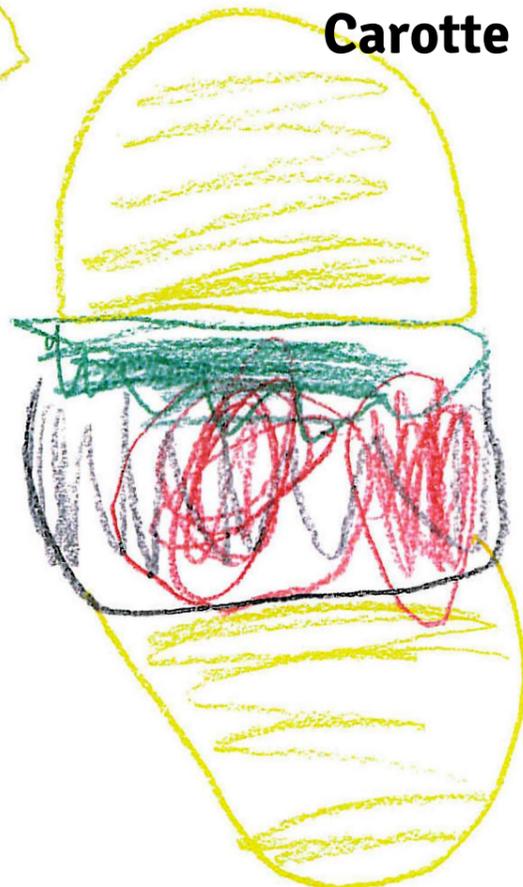
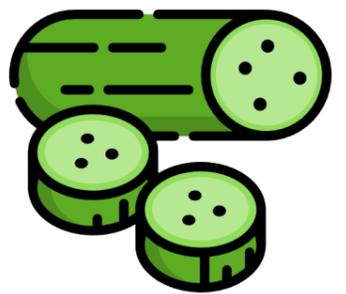
## Fruits du mois

Abricot  
Brugnon  
Cassis  
Cerise  
Fraise  
Framboise  
Melon  
Prune  
Figue  
Myrtille  
Nectarine  
Pêche  
Pastèque  
Poire



## Légumes du mois

Brocoli  
Radis rose  
Concombre  
Artichaut  
Blette  
Fenouil  
Haricot vert  
Maïs doux  
Navet  
Céleri  
Oignon blanc  
Petit Pois  
Potimarron  
Poivron  
Aubergine  
Tomate  
Courgette  
Fève  
Carotte

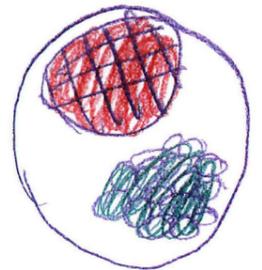




# JUILLET

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19	20	21	22	23
24	25	26	27	28
29	30	31		

y love you  
La cantine





# AOÛT

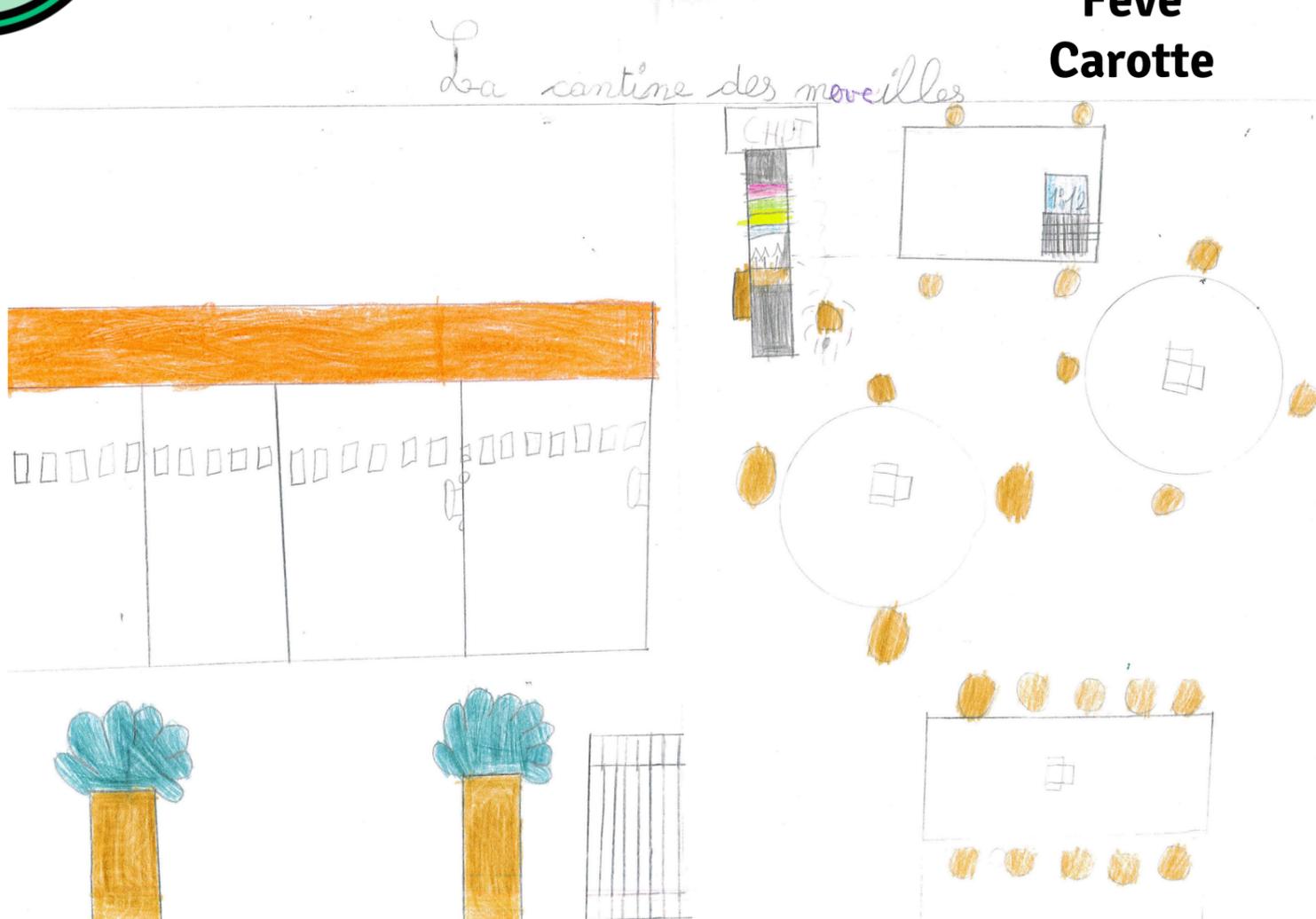
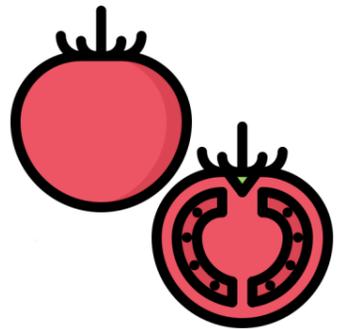
## Fruits du mois

Abricot  
Brugnon  
Cassis  
Cerise  
Fraise  
Framboise  
Melon  
Prune  
Figue  
Myrtille  
Nectarine  
Pêche  
Pastèque  
Poire



## Légumes du mois

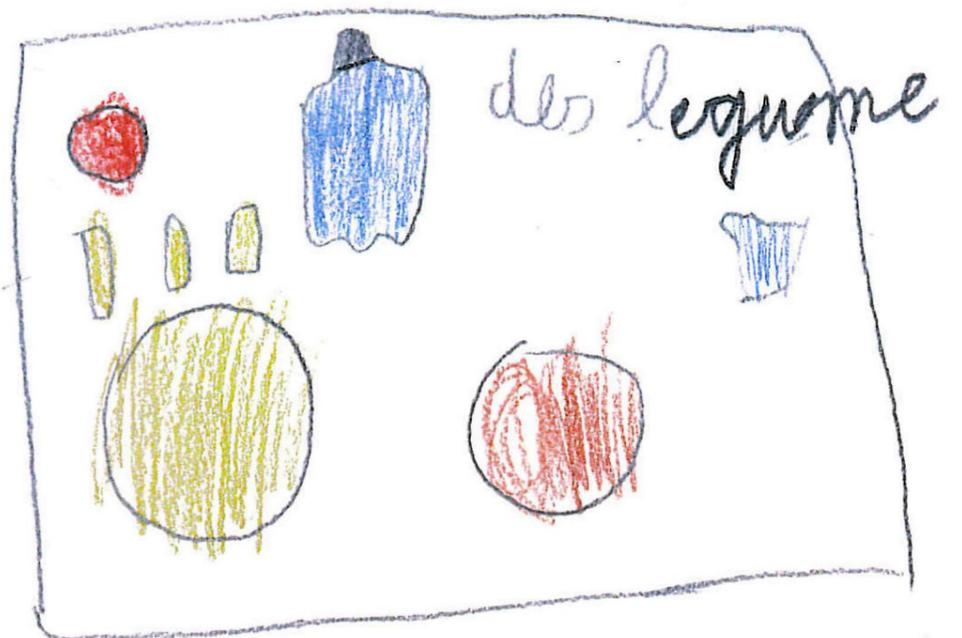
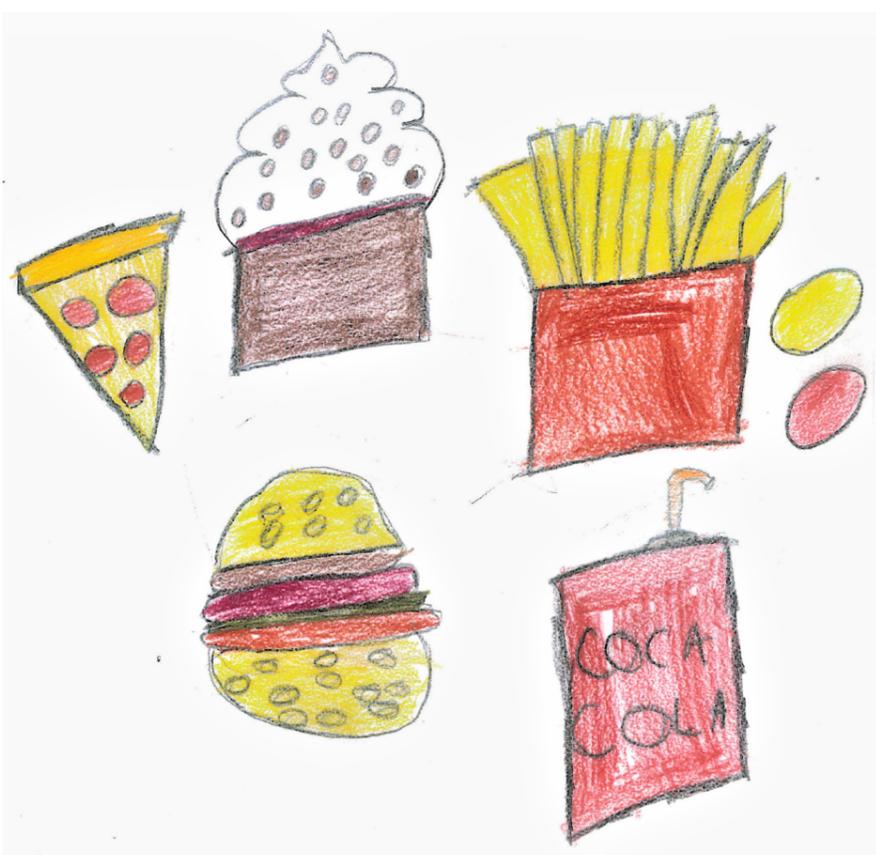
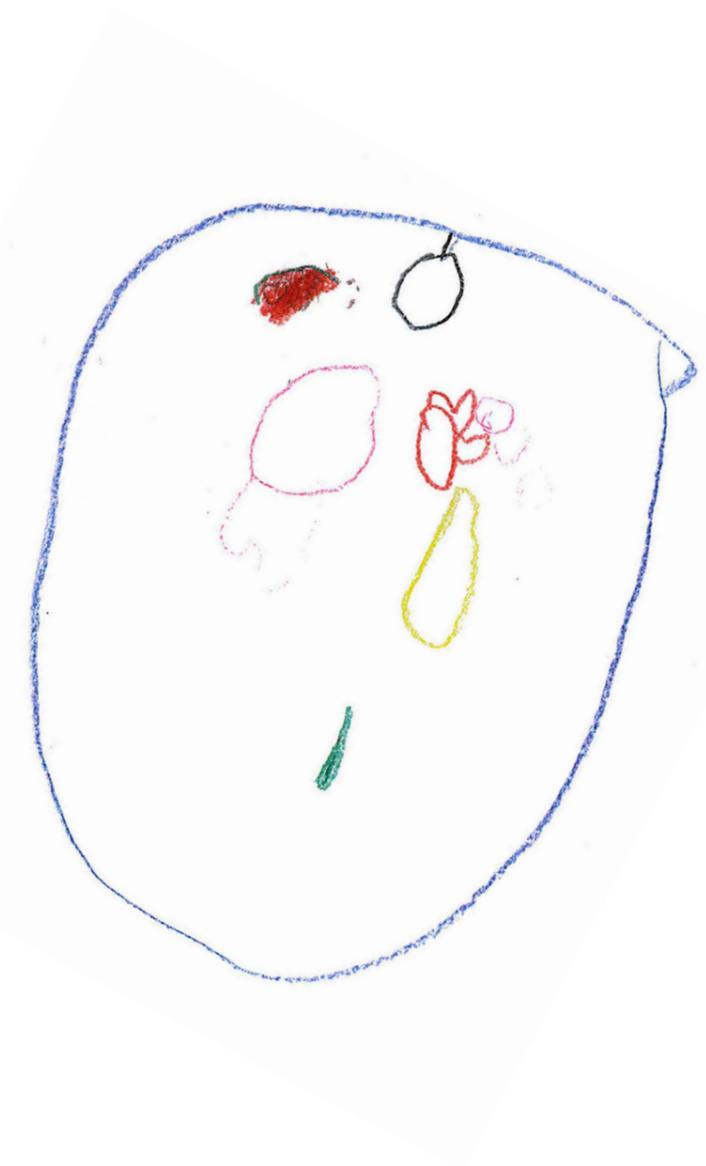
Brocoli  
Radis rose  
Concombre  
Artichaut  
Blette  
Fenouil  
Haricot vert  
Maïs doux  
Navet  
Céleri  
Oignon blanc  
Petit Pois  
Potimarron  
Poivron  
Aubergine  
Tomate  
Courgette  
Fève  
Carotte





# AOÛT

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24	25	26	27	28
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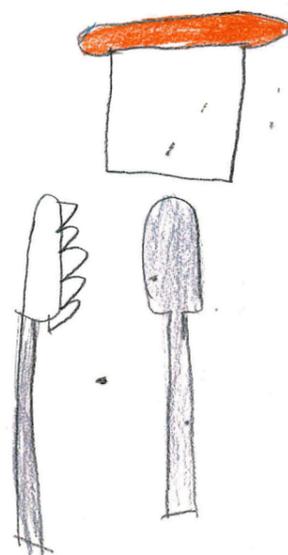
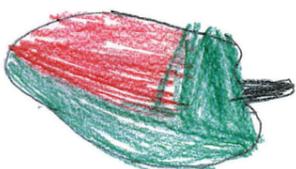
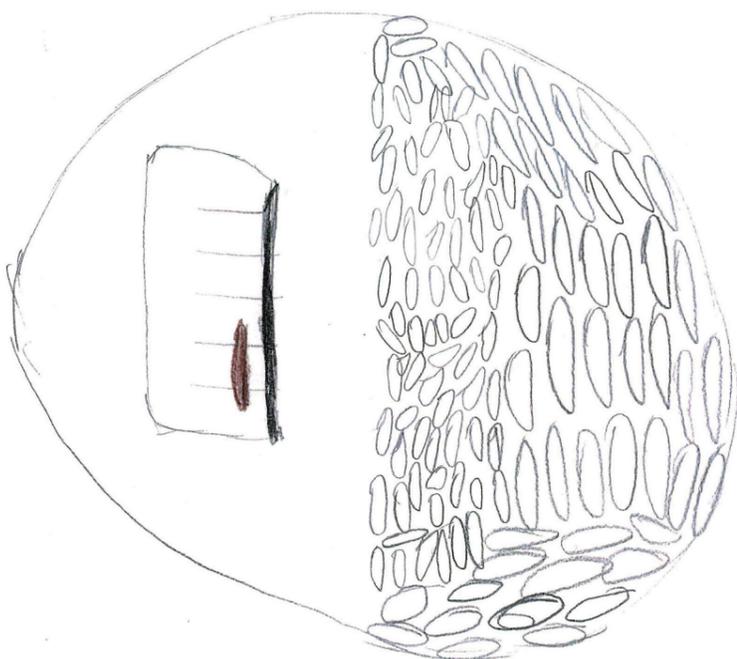
# SEPTEMBRE

## Fruits du mois

Coing  
Figue  
Raisin  
Noix fraîche  
Pêche  
Prune  
Pastèque  
Melon  
Poire  
Pomme  
Mûre

## Légumes du mois

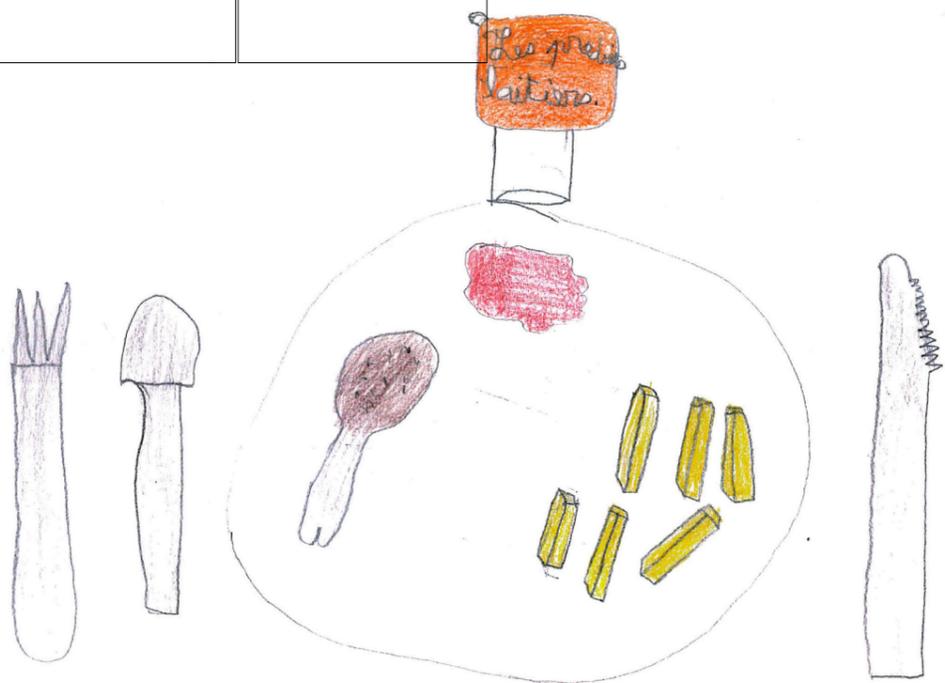
Concombre  
Courge  
Haricot vert  
Maïs doux  
Épinard  
Petit pois  
Potimarron  
Céleri  
Poivron  
Courgette  
Tomate  
Aubergine  
Échalote  
Oignon sec  
Ail  
Haricot à écosser  
Artichaut  
Fenouil  
Carotte  
Poireau  
Blette  
Navet  
Choux  
Radis





# SEPTEMBRE

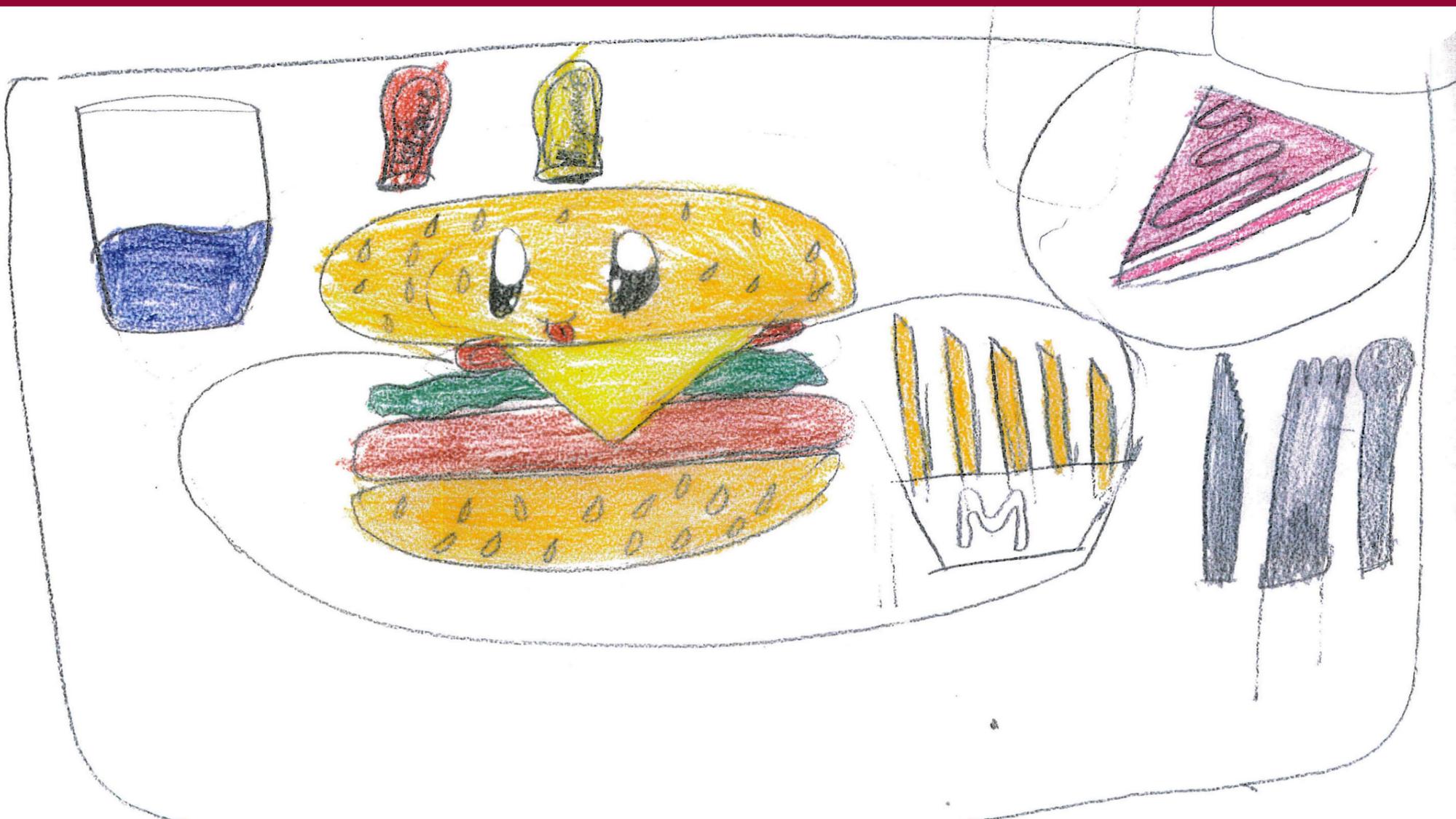
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29	30			







# AUTOMNE





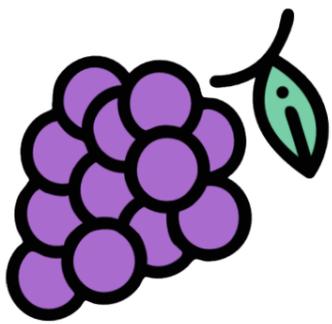
# OCTOBRE

## Fruits du mois

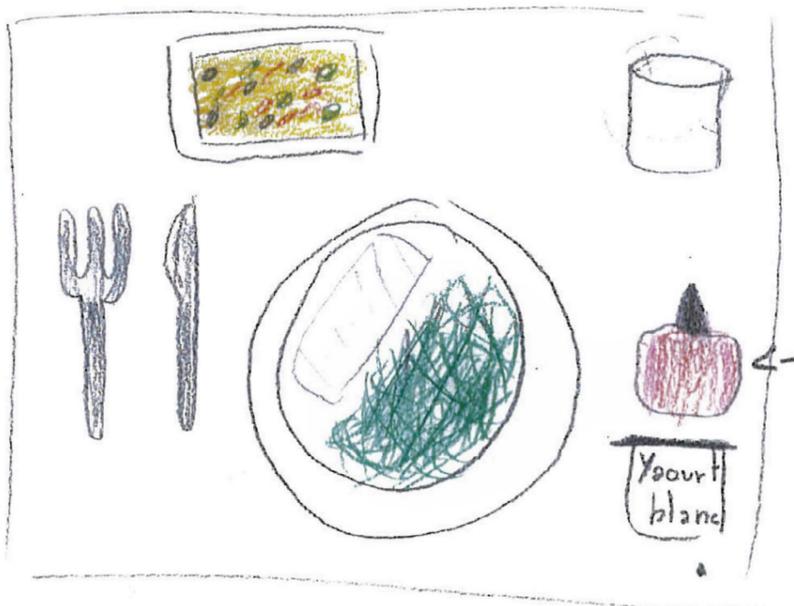
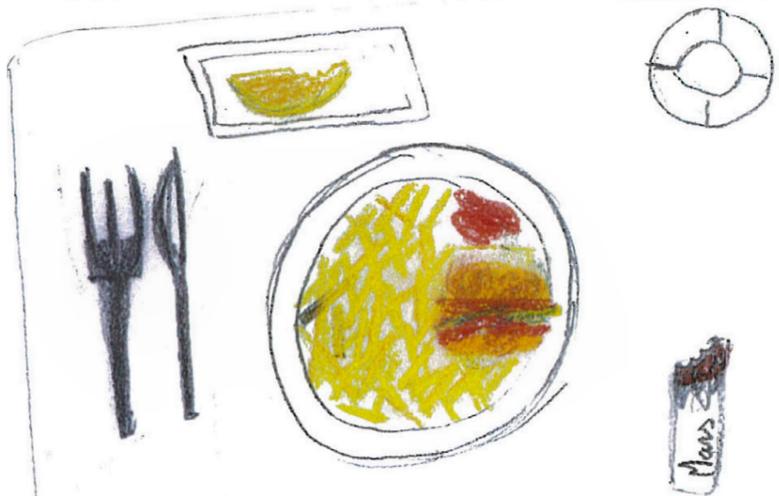
Coing  
Figue  
Raisin  
Noix fraîche  
Pêche  
Prune  
Pastèque  
Melon  
Poire  
Pomme  
Mûre

## Légumes du mois

Concombre  
Courge  
Haricot à écosser  
Radis  
Artichaut  
Fenouil  
Navet  
Haricot Vert  
Maïs doux  
Épinard  
Petit pois  
Ail  
Potimarron  
Céleri  
Aubergine  
Échalote  
Carotte  
Poireau  
Panais  
Poivron  
Courgette  
Tomate  
Oignon sec  
Blette  
Choux



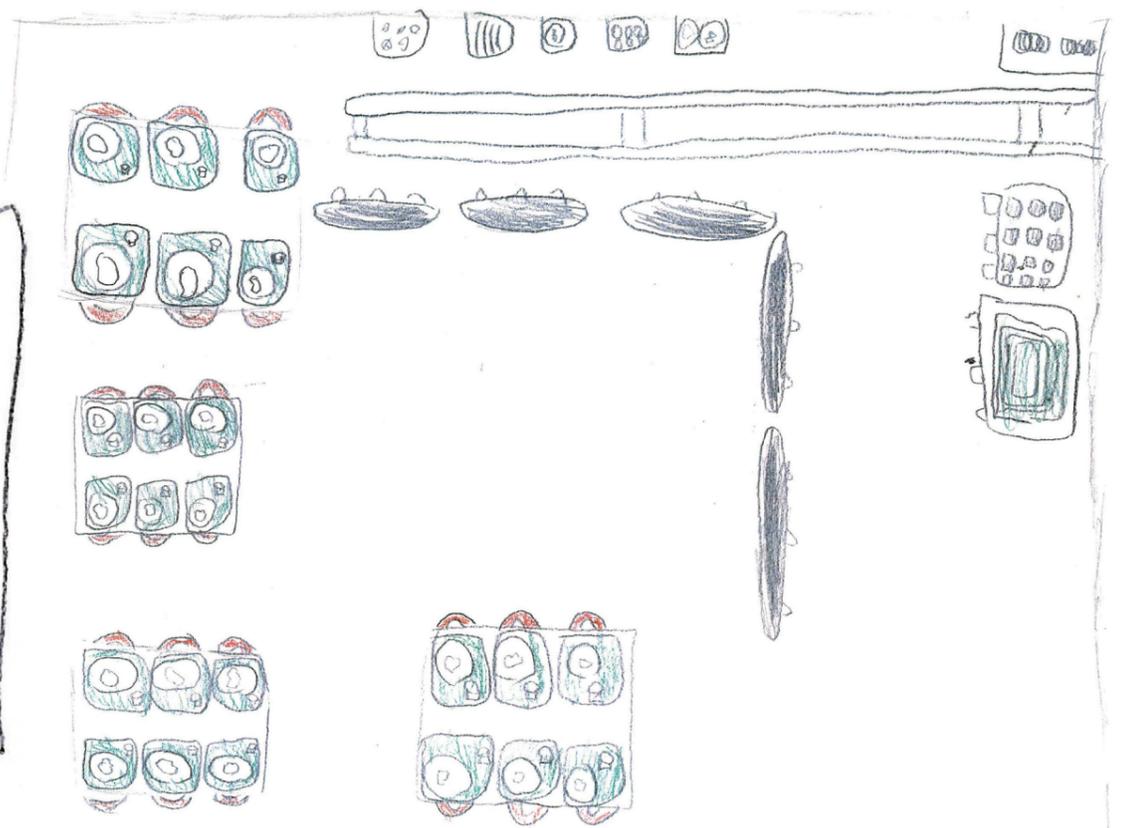
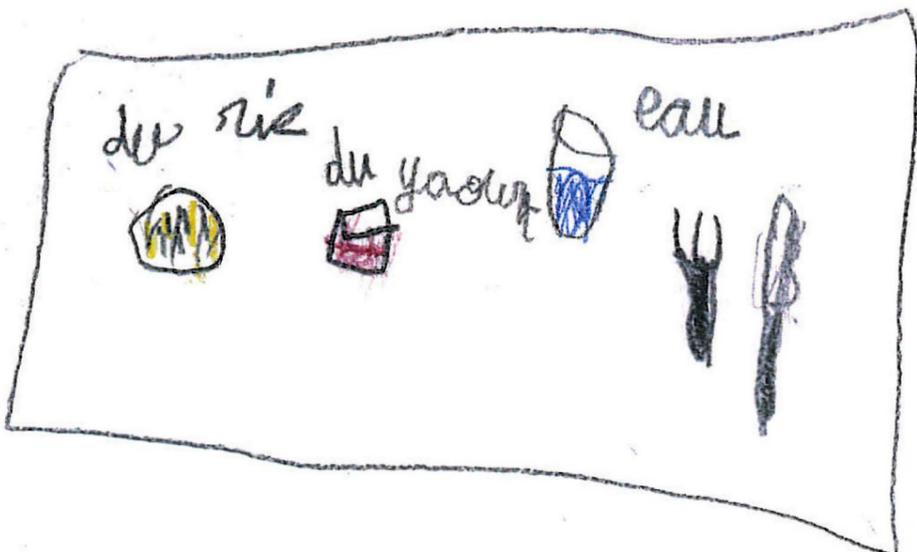
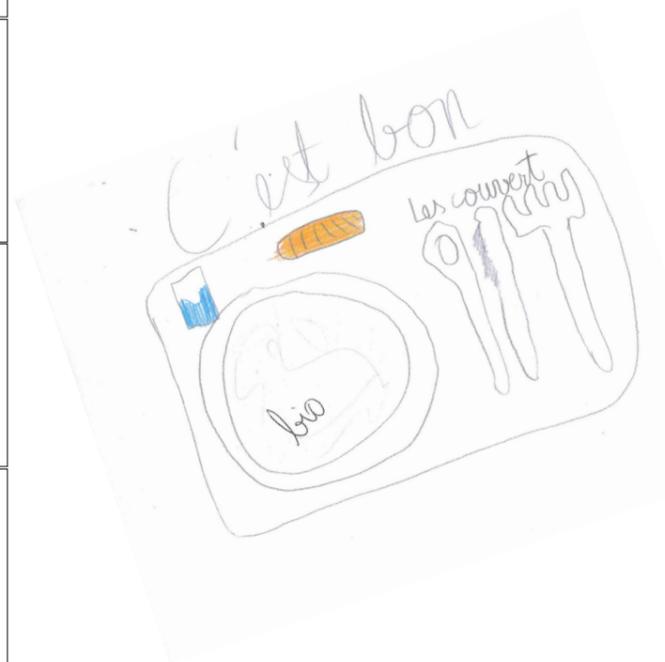
Les bon moments  
entre amis.





# OCTOBRE

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29	30	31		





# NOVEMBRE

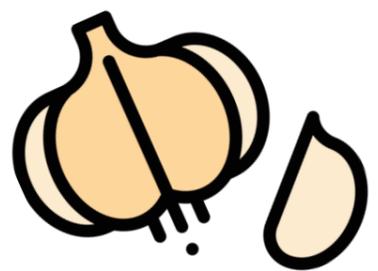
## Fruits du mois

Châtaigne  
Kaki  
Clémentine  
Mandarine  
Poire  
Pomme  
Kiwi  
Raisin  
Noix



## Légumes du mois

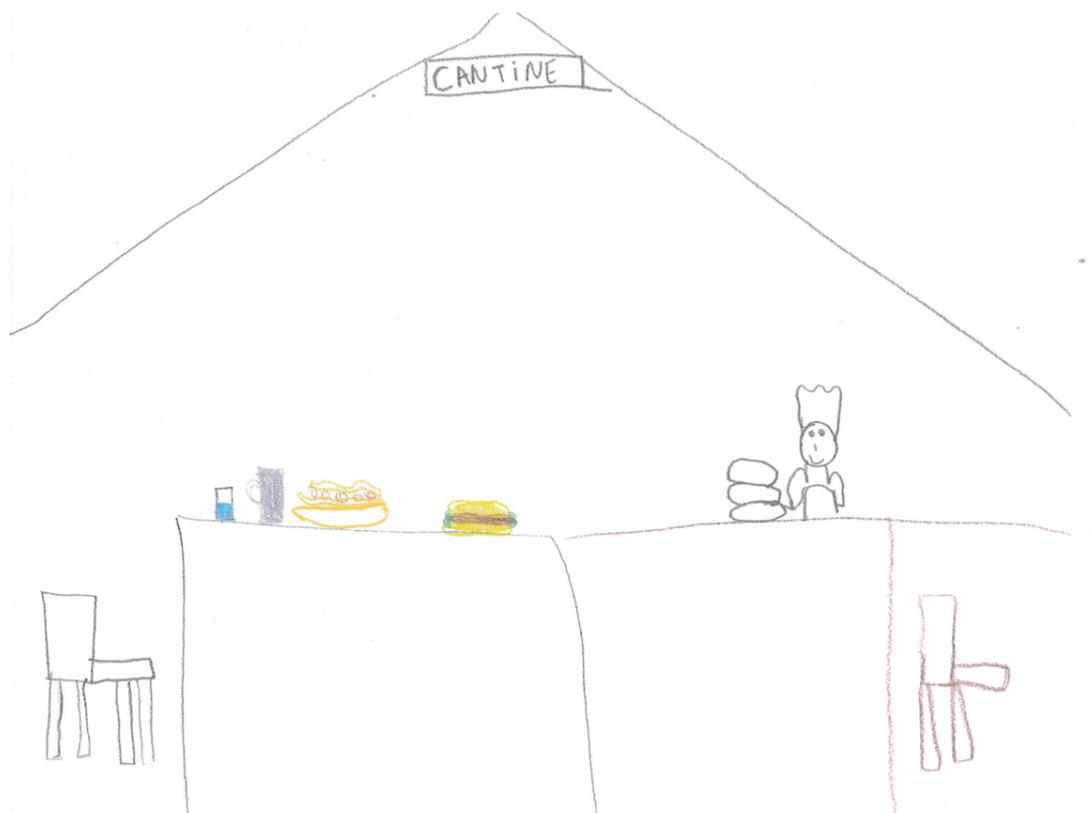
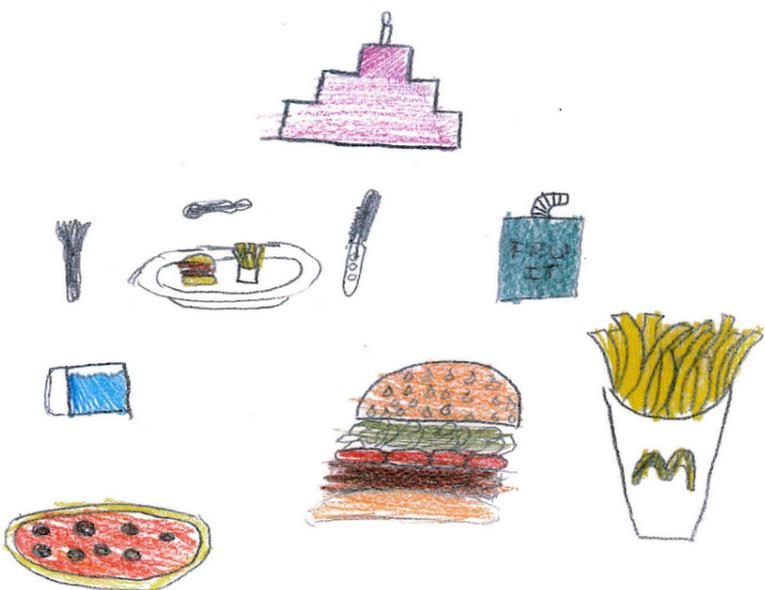
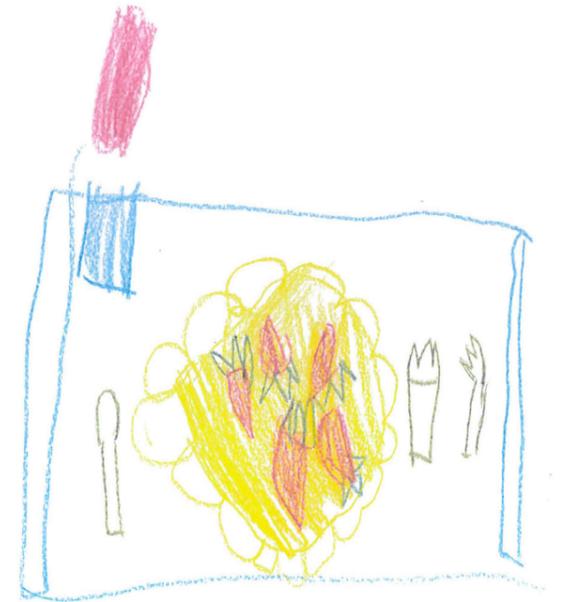
Choux  
Échalote  
Radis  
Céleri  
Ail  
Blette  
Courge  
Navet  
Brocoli  
Panais  
Oignon sec  
Artichaut  
Fenouil  
Potimarron  
Carotte  
Poireau





# NOVEMBRE

		1	2	3
4	5	6	7	8
9	10	11	12	13
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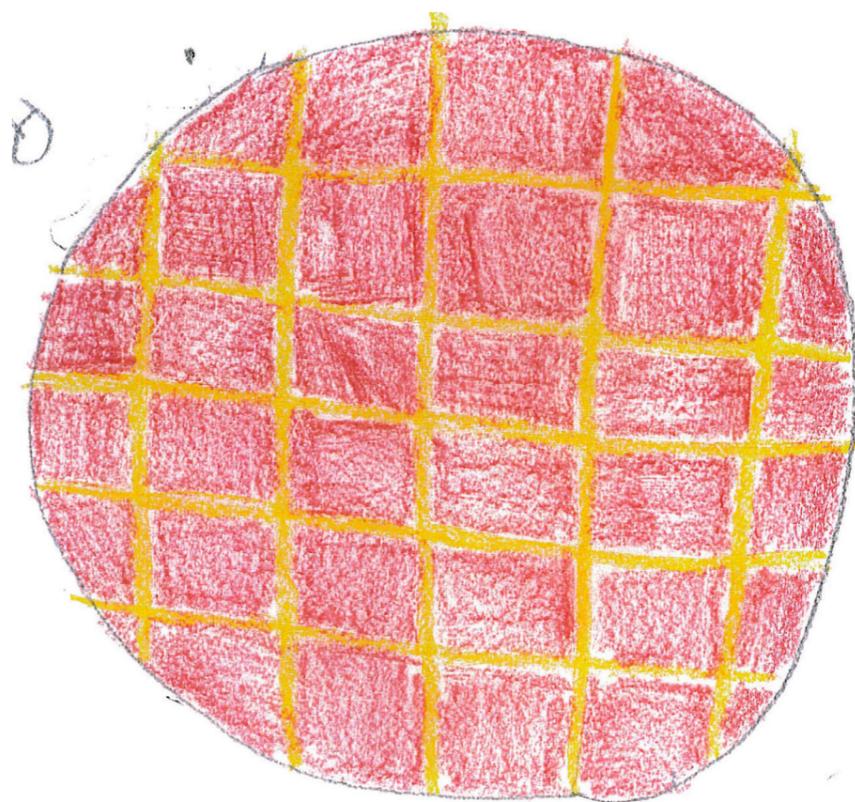
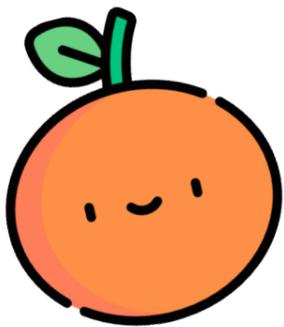




# DECEMBRE

## Fruits du mois

**Kiwi**  
**Mandarine**  
**Poire**  
**Pomme**  
**Clémentine**  
**Noix**



## Légumes du mois

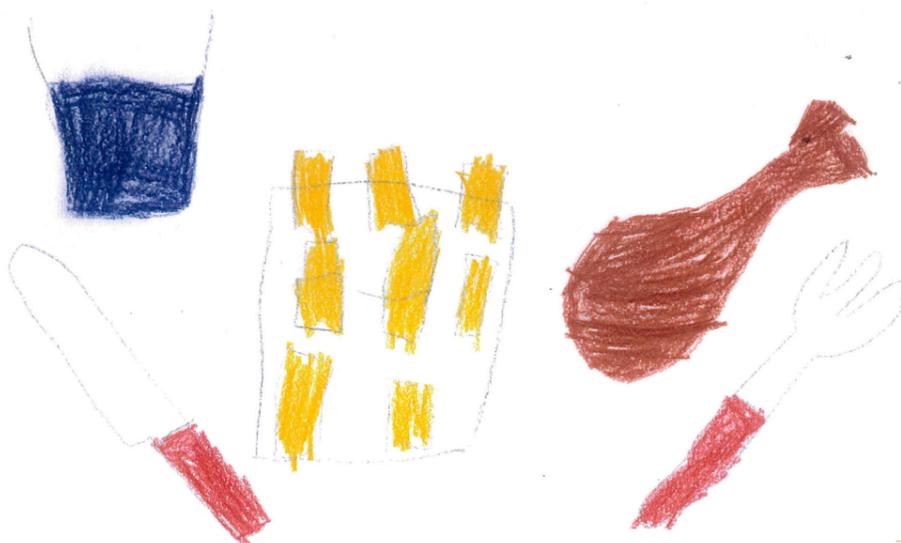
**Choux**  
**Ail**  
**Radis noir**  
**Céleri**  
**Cardon**  
**Blette**  
**Potimarron**  
**Oignon sec**  
**Salsilis**  
**Fenouil**  
**Épinard**  
**Courge**  
**Navet**  
**Panais**  
**Carotte**  
**Poireau**  
**Échalote**





# DECEMBRE

		1	2	3
4	5	6	7	8
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24	25	26	27	28
29	30	31		





**RESTEZ EN CONTACT AVEC NOUS !**

28, Place Saint Georges 75009 Paris  
01 44 53 45 90  
contact@familles-de-france.org

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 @Familles2France

