

Les idées de goûters pour la semaine

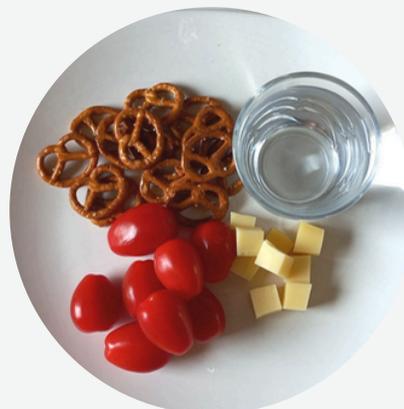
3 - 6 ans

LUNDI



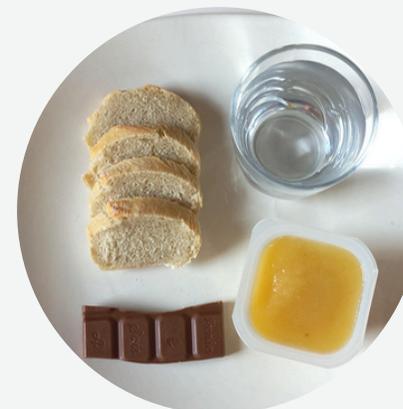
Lait, cookies
Abricots secs

MARDI



Eau, Tomates cerise,
comté, bretzel

MERCREDI



Eau, pain, chocolat,
compote

JEUDI



Infusion, madeleine,
fromage blanc sucré

VENDREDI



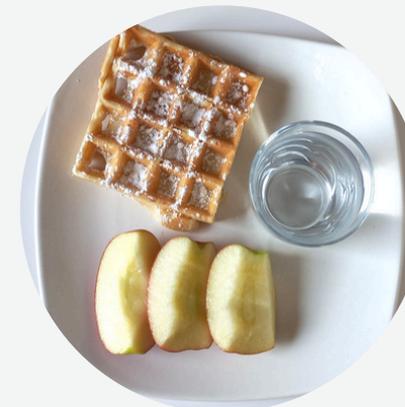
Eau, biscuits fourrés,
banane

SAMEDI



Chocolat chaud,
brioche, fraises

DIMANCHE



Eau, gaufre,
quartiers de pomme

Les idées de goûters pour la semaine

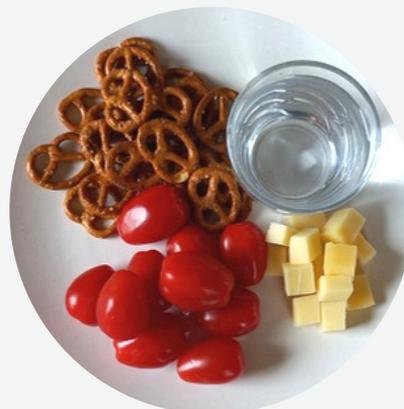
6 - 11 ans

LUNDI



Lait, cookies
Abricots secs

MARDI



Eau, Tomates cerise,
comté, bretzel

MERCREDI



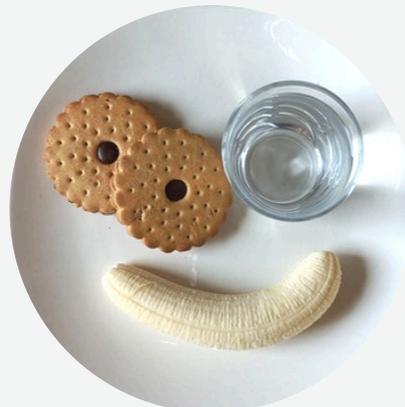
Eau, pain, chocolat,
compote

JEUDI



Infusion, madeleine,
fromage blanc sucré

VENDREDI



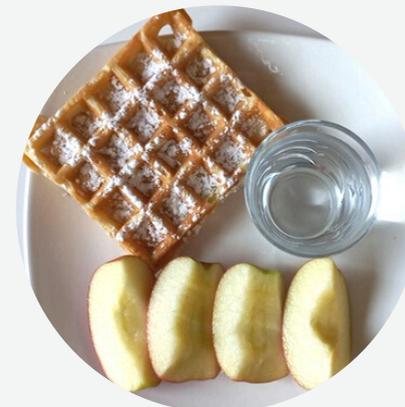
Eau, biscuits fourrés,
banane

SAMEDI



Chocolat chaud,
brioche, fraises

DIMANCHE



Eau, gaufre,
quartiers de pomme

Les idées de goûters pour la semaine

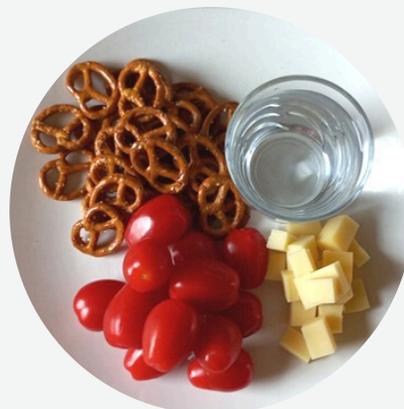
> 12 ans

LUNDI



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Abricots secs

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Eau, Tomates cerise,
comté, bretzel

MERCREDI



Eau, pain, chocolat,
compote

JEUDI



Infusion, madeleine,
fromage blanc sucré

VENDREDI



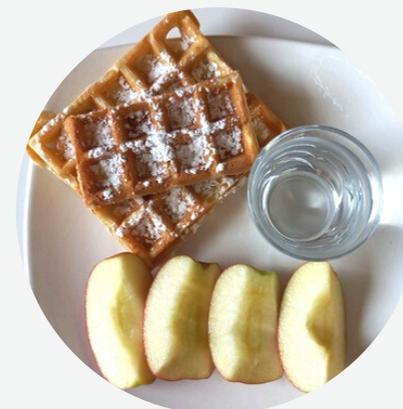
Eau, biscuits fourrés,
banane

SAMEDI



Chocolat chaud,
brioche, fraises

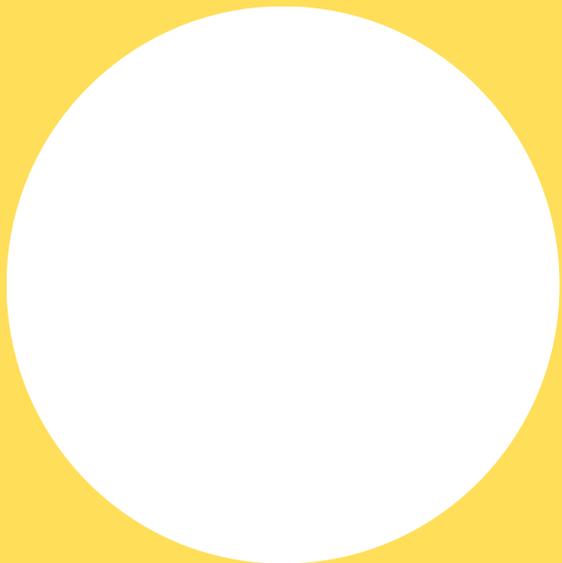
DIMANCHE



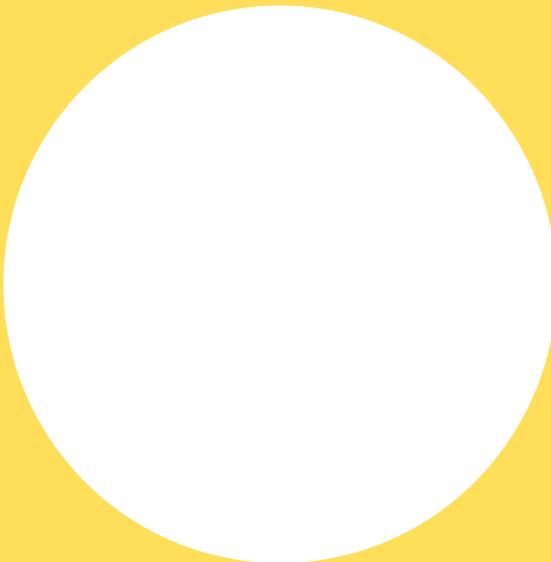
Eau, gaufre,
quartiers de pomme

Ce que j'aime manger au goûter

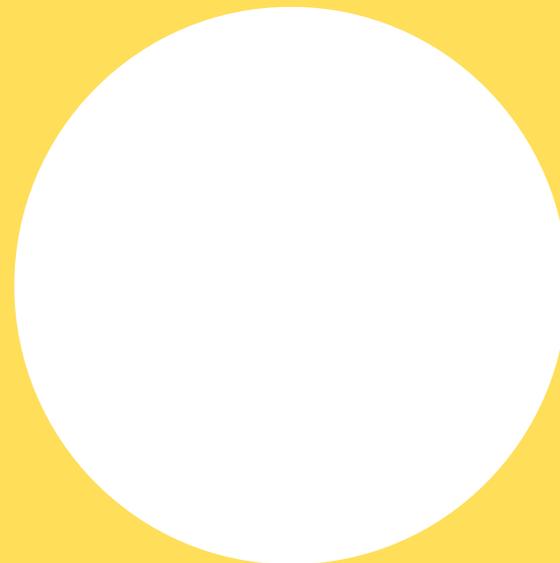
IDÉE 1



IDÉE 2



IDÉE 3



Idées goûter - janvier

IDÉE 1



*Fait maison !

IDÉE 2

IDÉE 3

