

Au restaurant pédagogique les Platanes, les apprentis sont mis en conditions réelles pour mettre en pratique les connaissances acquises tout au long de leur apprentissage. Sous l'œil de formateurs professionnels, ils assurent l'intégralité de la prestation culinaire et du service. En y déjeunant, vous participez à la formation de nos futurs professionnels de la restauration.

**Centre de Formation
d'Apprentis**
CCI LE MANS SARTHE



• **Formule traditionnelle midi** •

Jours et horaires d'ouverture : du lundi au vendredi - 12h20

Entrée + plat + fromage + dessert + boissons + café

13,90 €

• **Formule Brasserie midi** •

Disponible certains midis (cf. menus) - 12h20

Entrée / plat **ou** plat / dessert **ou** entrée / dessert

+ boisson froide + boisson chaude

6,50 €

• **Formule traditionnelle soir** •

Jours et horaires d'ouverture : le mardi et le jeudi - 19h30

Apéritif + entrée + plat + fromage + dessert

Boissons non comprises

17,90 €*

(*certains soirs, sans fromage - tarif : 15,90 €)

Réservations

Du lundi au vendredi : 9h-12h / 13h30-17h

au **02 43 40 60 62**



Les Platanes

Restaurant pédagogique

ing soda and salt until well blended. In a large bowl, beat peanut butter with granulated sugar until light. Then beat in egg and vanilla. Gradually beat in peanuts. Roll dough into 1-inch 2.5 cm balls spacing about 2 inches 5 cm apart. Dip a glass in granulated sugar and flatten balls slightly. Garnish with peanut halves if desired, pressing gently until cookies are a light golden colour and tops are firm to the touch, about 12 minutes. Store in an airtight container. In a small bowl, stir flour with baking soda and salt until well blended. Beat in brown and granulated sugar until light. Stir in chocolate covered peanuts. Roll dough in flour mixture until combined. Stir in chocolate covered peanuts. Roll dough in flour mixture until combined. Stir in chocolate covered peanuts. Roll dough into 1-inch 2.5 cm balls spacing about 2 inches 5 cm apart on an ungreased baking sheet. Dip a glass in granulated sugar and flatten balls slightly. Garnish with peanut halves if desired, pressing gently until cookies are a light golden colour and tops are firm to the touch, about 12 minutes. Store in an airtight container. In a small bowl, stir flour with baking soda and salt until well blended. In a large bowl, beat peanut butter with butter until smooth and creamy. Beat in brown and granulated sugar until light. Then beat in egg and vanilla. Gradually beat in flour mixture until combined. Stir in chocolate covered peanuts. Roll dough into 1-inch 2.5 cm balls spacing about 2 inches 5 cm apart on an ungreased baking sheet. Dip a glass in granulated sugar and flatten balls slightly. Garnish with peanut halves if desired, pressing gently until cookies are a light golden colour and tops are firm to the touch, about 12 minutes. Store in an airtight container. In a small bowl, stir flour with baking soda and salt until well blended. In a large bowl, beat peanut butter with butter until smooth and creamy. Beat in brown and granulated sugar until light. Then beat in egg and vanilla. Gradually beat in flour mixture until combined. Stir in chocolate covered peanuts. Roll dough into 1-inch 2.5 cm balls spacing about 2 inches 5 cm apart on an ungreased baking sheet. Dip a glass in granulated sugar and flatten balls slightly. Garnish with peanut halves if desired, pressing gently until cookies are a light golden colour and tops are firm to the touch, about 12 minutes. Store in an airtight container.

CFA CCI Le Mans Sarthe, 132 rue Henri Champion - 72100 Le Mans

Tél : 02 43 40 60 60 - www.cfa.lemans.sarthe.cci.fr

**Déjeuners proposés par les sections CAP / BAC PRO / MC
dans le cadre des travaux pratiques**

Formule Brasserie possible

LUNDI	05/02/18	12/02/18
	Petit pâté feuilleté Dorade grillée Beurre à l'anis Gratin de courgettes Crème caramel	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives
MARDI	06/02/18	13/02/18
	Omelette aux fines herbes Côte de bœuf grillée Sauce Béarnaise Pomme pont-neuf Paris-Brest	Trilogie de saumon Rognonnade de lapereau farci Mousseline d'endives Spéculos glacé
MERCREDI	07/02/18	14/02/18
	PAS DE SERVICE	Petit pâté feuilleté Filet de rascasse grillé Beurre à l'anis Tian de légumes Crème caramel
JEUDI	08/02/18	15/02/18
	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives	PAS DE SERVICE
VENREDI	09/02/18	16/02/18
	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives	Potage julienne Darblay Blanquette de veau à l'ancienne Riz pilaf Forêt noire

LUNDI	19/02/18	26/02/18
	Œufs brouillés Portugaise Gibelotte de lapereau Polenta Tarte Bourdaloue	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives
MARDI	20/02/18	27/02/18
	Potage cultivateur Saumon grillé Beurre blanc Pommes à l'Anglaise Charlotte exotique ël	Gratin d'écrevisses Omble chevalier Grenobloise Tartelette aux myrtilles
MERCREDI	21/02/18	28/02/18
	PAS DE SERVICE	Œufs brouillés Portugaise Gibelotte de lapereau Polenta Tarte Bourdaloue
JEUDI	22/02/18	01/03/18
	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives	PAS DE SERVICE
VENREDI	23/02/18	02/03/18
	EXAMEN BLANC CUISINE ET SALLE Table de 2 convives	Salade Niçoise Pavé de bœuf au poivre Garniture Dubarry Jalousie aux pommes