

# On mange quoi ce mois-ci ?

## - Mai -



WATER FAMILY  
DU FLOCON À LA VAGUE

### Légumes !



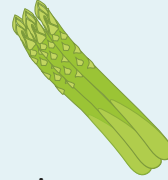
Ail



Oignon



Betterave



Asperge



Épinard



Navet



Carotte



Chou



Petit pois



Artichaut



Poireau



Courgette



Radis noir



Concombre



Blette



Salade



Aubergine

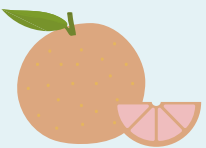
### Fruits !



Cerise



Tomate



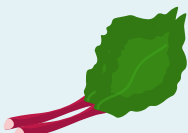
Pamplemousse



Citron



Fraise



Rhubarbe

### Poissons coquillages & crustacés



Limande



Hareng



Crevette



Truite



Maquereau



Sardine



Saint-Jacques



Lotte



Rouget