

# Sizhunvezh eus al Lun 31 a viz Eost d'ar Gwener 4 a viz Gwengolo 2026

|              | MEURZH 1                                                                                                                                                                                                                                                                               | YAOU 3                                                                                                                                                                                                    | GWENER 4                                                                                                                                                                                                                                                                                                |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DIGOR-PRED   | <p>Fourmaj-avu  </p>                                                                                                 | <p>Saladenn domatez maiz </p>                                                                                          | <p>Sukrin</p>                                                                                                                                                                                                                                                                                           |
| MEUZ         | <p>Skalopenn yar<br/>gant sezv  </p>                                                                                 | <p>Pesked an deiz amann gwenn  </p> | <p>Hacheiz mod Parmentier<br/>diwar biz   </p> |
| GWARNISA DUR | <p>Fav-glas gant kignen</p>                                                                                                                                                                                                                                                            | <p>Torti gant amann, emmental rasklet </p>                                                                             | <p>Saladenn </p>                                                                                                                                                                                                     |
| FOURMAJ      | <p>Yaourt plaen sukret   </p> |                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                         |
| DIBENN-PRED  |                                                                                                                                                                                                                                                                                        | <p>Bigneز chokolad kraoñ-kelvez</p>                                                                                                                                                                       | <p>Avaloù poazh </p>                                                                                                                                                                                               |

# Sizhunvezh eus al Lun 7 d'ar Gwener 11 a viz Gwengolo 2026

|             | LUN 7                                                                                                                                                                                                                                                                                                                                                                         | MEURZH 8                                                                                                                                                                                        | YAOU 10                                                                                                                   | GWENER 11                                                                                                                                                                                                                                                                     |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DIGOR-PRED  | Pastekez                                                                                                                                                                                                                                                                                                                                                                      | Friant FOURMAJ                                                                                                                                                                                  | Konkombrez tomatez<br>gant gwinêgrena  | Sukrin                                                                                                                                                                                                                                                                        |
| MEUZ        | Frinkadenn vevin   gant<br>louzoù-kegin   | Spilhenn yar   gant dienn | Skejenn Halloumi<br>gant kari          | Silzig giz Breizh    |
| GWARNISADUR | Semoul kouskous                                                                                                                                                                                                                                                                             | Tianad<br>legumaj                                                                                           | Penne                                 | Fer                                                                                                   |
| DIBENN-PRED | Etremeuz pralinet                                                                                                                                                                                                                                                                                                                                                             | Prun ruz                                                                                                                                                                                        | Kêk gant<br>chokolad                 | Kaotigell<br>avaloù/bananez                                                                                                                                                              |