

Mensa Furtwangen

	Monday 20.01.	Tuesday 21.01.	Wednesday 22.01.	Thursday 23.01.	Friday 24.01.
Essen 1	<ul style="list-style-type: none"> Gnocchi-vegetable stir-fry with Organic Tofu and fruity Curry sauce Side Salad or Regional Apple <p style="text-align: right;">5 So,Sn,Sf,Se,ML,GIW,Gl</p>	<ul style="list-style-type: none"> Broccoli Nut-wedges Cream Sauce Roast Potatoes Side Salad or Regional Apple <p style="text-align: right;">Gl,GIH,GIW,NH,NM,Nu,Sn,So</p>	<ul style="list-style-type: none"> Ragout with Organic-Couscous, Organic-Pea and Organic-Tofu Side Salad or Regional Fruit <p style="text-align: right;">5 Sn,Sf,GIW,Gl,So</p>	<ul style="list-style-type: none"> Vegetable Cutlet Gravy Chips Side Salad or Regional Apple <p style="text-align: right;">GIW,GIH,GLSn</p>	<ul style="list-style-type: none"> Cheese and Spinach Puff Pastry Slices Herb Yoghurt Dip Bulgur with Zucchini and Tomato <p style="text-align: right;">ML,GIW,Gl,Ei,Nu</p>
Essen 2	<ul style="list-style-type: none"> Swabian Cheese Pasta Bacon Sauce Roast Onion Side Salad or Regional Apple <p style="text-align: right;">8,6,5,sch,4 Sn,ML,GIW,Gl,Ei</p>	<ul style="list-style-type: none"> Pork Cordon Bleu Gravy Chips Carrots and Peas <p style="text-align: right;">5,6,sch GIW,ML,Gl</p>	<ul style="list-style-type: none"> Baked Meatloaf Onion Sauce Roast Potatoes Side Salad or Regional Apple <p style="text-align: right;">8,6,5,sch ML,GIW,Gl</p>	<ul style="list-style-type: none"> Beef Strips Stroganoff Pasta Green Bean <p style="text-align: right;">alc,ri,5,9 GIW,ML,Gl,Ei</p>	<ul style="list-style-type: none"> Panfried Alaska Pollack Filet Remoulade Parsley Potatoes Side Salad or Regional Apple <p style="text-align: right;">nF,9,4,5 GIW,ML,Sn,Gl,Fi,Ei</p>

vegetarian
 vegan
 vegan by request

Additives labelling: alc: with alcohol, nF: from sustainable fisheries, ri: with beef, sch: with pork, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 8: with phosphates, 9: with sweeteners

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GI: barley, GIH: oat, GIW: wheat, Lu: lupine, ML: dairy (-product), NH: hazelnut, NM: almond, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy, We: mollusks

Die Spuren der Allergene sind in der Kennzeichnung nicht berücksichtigt. Bitte beachten Sie diesbezüglich die gesonderten Allergenhinweise auf unserer Homepage. Änderungen vorbehalten. Bei Fragen hierzu wenden Sie sich gerne an unser Personal.

Die Preise sind auf dem Tagesplan ausgewiesen.