

Mensa Furtwangen

	Monday 06.05.	Tuesday 07.05.	Wednesday 08.05.	Thursday 09.05.	Friday 10.05.
Schneller Teller	● Country Potatoes Quark and Herbs ML,Gl,GIW	● Baden Potato Soup Bread Roll Se,ML,GIW,GIr,Gl,GIg	● Rice Pudding Sugar and Cinnamon Pear Compote ML		
Essen 1	■ Mini Spring Rolls Sweet and Sour Sauce Herby Rice Side Salad or Regional Apple 5 So,Gl,GIW,Se,Sn,Sf	● Potato and Asparagus Casserole Hollandaise Sauce Side Salad or Regional Apple bio,o Ei,Gl,GIW,ML,Se,Sn	■ Organic Couscous Stir-Fry with Vegetables and Soy Chilli-Bean Sauce Side Salad or Regional Apple 6,5,o,bio So,Sn,Sf,Gl,GIW		
Essen 2	Roasted Minced Poultry Balkan Style Ajvar Roast Potatoes Side Salad or Regional Apple Gl,GIW,ML,Sn,Ei	Swabian Cheese Pasta Bacon Sauce Roast Onion Side Salad or Regional Apple sch,4,5,6,8 Ei,Gl,GIW,ML,Sn	Fish Ragout Green Noodles with Organic Asparagus and Sesame Side Salad or Regional Apple nF,o,bio,5 Sn,Sf,Se,Sa,ML,GIW,Gl,Fi,Ei		

● vegetarian ■ vegan ▧ vegan by request

Additives labelling: alc: with alcohol, bio: bio - organic, nF: from sustainable fisheries, o: main ingredient of bio-signed component is organic, ri: with beef, sch: with pork, 3: with flavor enhancers, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 8: with phosphates, 9: with sweeteners, 18: containing a source of phenylalanine

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GIg: barley, GIH: oat, GIr: rye, GIW: wheat, Kr: crustacean, ML: dairy (-product), 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.