

Mensa Furtwangen

	Monday 27.05.	Tuesday 28.05.	Wednesday 29.05.	Thursday 30.05.	Friday 31.05.
Schneller Teller	Penne Pasta with Pesto and Hard Cheese GIW,GI,ML	Potatoes filled with Cream Cheese Creamy Mushroom Sauce GIW,GI,ML	Swabian Pasta Gravy Mixed Vegetables GIW,GI,Ei		
Essen 1	Asparagus Lasagne with herbal topping Side Salad or Regional Apple bio,o Sn,ML,GIW,Ei,GI	Organic Ragout with Couscous, Pea and Organic Tofu Ginger-Chilli Sauce Side Salad or Regional Apple bio,o,5 Sf,Sn,GIW,GI,So	Organic Quinoa with Tomatoes, Beans and Eggplant Side Salad or Regional Apple Sn		
Essen 2	Roast Chicken leg Gravy Black Forest Style Pearl Barley Risotto Side Salad or Regional Apple GI,GI,GIW,Se,Sn	Boeuf Bourignon Beef Stew with Vegetables, redwine and Mushrooms Long Grain Rice Side Salad or Regional Apple 5,6,8,alc,ri,sch GI,GIW,Se,Sn	Farmer Sausage Cream and Herb Lentil Dish Parsley Potatoes Side Salad or Regional Apple 6,8,5,sch,ri GI,GIW,ML,Se,Sf,Sn		

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, 5: with antioxidants, 6: with preservatives, 8: with phosphates, 9: with sweeteners

contains allergens: Ei: eggs, Fi: fish, GI: glutenous grain, GI,GI: barley, GIH: oat, GIL: rye, GIW: wheat, ML: dairy (-product), Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy

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.