

Mensa Furtwangen

	Monday 12.05.	Tuesday 13.05.	Wednesday 14.05.	Thursday 15.05.	Friday 16.05.
Essen 1	<ul style="list-style-type: none"> ■ Salat & Bowl Woche Mediterranean Sea Bowl Olive, Organic Tofu, Melon, Basil, Zucchini Bean Cream Pesto Vegetable Salad with Organic Couscous <p style="text-align: right;">5 GLW,Gl</p>	<ul style="list-style-type: none"> ■ Salat & Bowl Woche Spring Bowl Asparagus Salad Vegan Garlic Dip <p style="text-align: right;">5 So,Sn,Sf,Se,GLW,Gl</p>	<ul style="list-style-type: none"> ● Roasted Swabian Filled Pasta Tomato Sauce Potato Salad with Cucumber Regional Apple <p style="text-align: right;">5 Sn,Sf,Se,ML,GLW,Gl,Ei</p>	<ul style="list-style-type: none"> ▣ Salat & Bowl Woche Halloumi-Bowl with black Lentils Beet Root Hummus Cucumber Salad Lemon Bulgur Tomato and Olive Ragout <p style="text-align: right;">9,5,4 Ei,Gl,GID,GIG,GIH,GIK,GIR,GIW,ML,Sf,Sn,Sa</p>	<ul style="list-style-type: none"> ■ Salat & Bowl Woche Falafel Hummus Mojo Dip Quinoa with Vegetables Sweet Potatoe Chips <p style="text-align: right;">5 Sf,Sa,GIW,Gl,So</p>
Essen 2	<ul style="list-style-type: none"> Chicken Nuggets Yoghurt and Cucumber Dip Lattice Fries Side Salad or Regional Fruit <p style="text-align: right;">GLW,ML,Sn,Gl</p>	<ul style="list-style-type: none"> Hungarian Style Beef Goulash Hungarian Style Three Types of Beans <p style="text-align: right;">ri,alc So,ML,GIW,Gl</p>	<ul style="list-style-type: none"> Salat & Bowl Woche Thai-Chicken Bowl Egg, Radish, Beans, Cucumber, Carrots Peanut Dip Mango Chutney Glass Noodles <p style="text-align: right;">8,5 Fi,Er,Ei,Gl,Sf,Sa,ML,GIW,So</p>	<ul style="list-style-type: none"> Pork Cordon Bleu Gravy Chips Carrots and Peas <p style="text-align: right;">sch,5,6 ML,Gl,GIW</p>	<ul style="list-style-type: none"> Battered Alaska Pollack Tomato Sauce Macaroni Leaf Spinach <p style="text-align: right;">nF Sn,ML,GIW,Gl,Fi,Ei</p>

● vegetarian ■ vegan ▣ vegan by request

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

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GID: spelt, GIG: barley, GIH: oat, GIK: kamut, GIR: rye, GIW: wheat, ML: dairy/lactose, 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.