Mensa Furtwangen

	Montag 19.10.	Dienstag 20.10.	Mittwoch 21.10.	Donnerstag 22.10.	Freitag 23.10.
Essen 1	Cannelloni with Vegetable and Cheese Crust Tomato Sauce Parsley Pesto Side Salad or regional apple 4 Se,ML,GlW,Gl,Ei,Sn	Sweet Potato Gnocchi with Vegetables Mushroom Sauce Parsley Pesto Side Salad or regional apple 4,5 Gl,GlW,Sn,So	Borek filled with Spinach Carrot Curry Roast Potatoes Sesame 5 Gl,GlW,Sa,Sn,So	Arabian Salad Humous Simit 5 Sn,Sa,Sf,ML,GlW,GlR,GlK,GlG,GlD,Gl,Er	Organic-Couscous with Beet Root Spinach and Feta Strudel Tomato and Basil Ragout Side Salad or apple 4 Se,Sn,Sa,ML,GlW,Gl
Essen 2	Argentinean Style Skewer Pepper Sauce Mixed Coloured Pasta Pepper and Corn sch,6,4 ML,GlW,Gl	Thai Style Poultry Meatballs Peanut Sauce Basmati Rice Roast Onion Side Salad or regional apple gfl Sn,So,ML,GlG,Er,Fi,Ei,Gl,GlW	Pork Goulash Swabian Pasta Carrots sch,4 Ei,Gl,GlW	Big Curried Sausage Curried Sausage Sauce Chips Balkan Vegetables sch,ri,5,8,6,4 Sn,Sf,Se	Potato Coated Alaska Pollack Filet Horseradish Dip Parsley Potatoes Side Salad or apple nF,4,7,5 ML,Sf,Sn,GlW,Fi,Ei,Gl

vegetarian plant-based plant-based by request

Additives labelling: 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 7: sulfured, 8: with phosphates, alc: with alcohol, gfl: with chicken, lw: with lamb or game, nF: from sustainable fisheries, ri: with beef, sch: with pork

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GlD: spelt wheat, GlG: barley, GlK: kamut wheat, GlR: rye, GlW: wheat, ML: dairy/lactose, NM: almond, Nu: edible nuts, 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.