## Additives labelling:
- nF: from sustainable fisheries
- o: main ingredient of bio-signed component is organic
- ri: with beef
- sch: with pork
- 4: with colouring agent
- 5: with antioxidants
- 6: with preservatives
- 7: sulfured
- 9: with sweeteners

## Contains allergens:
- Ei: eggs
- Er: peanut
- Fi: fish
- Gl: glutenous grain
- GlH: oat
- GlW: wheat
- ML: dairy (-product)
- NH: hazelnut
- Nu: edible nuts
- Sa: sesame
- Se: celery
- Sf: sulfur dioxide/ sulfite
- Sn: mustard
- So: soy

### Essen 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Main Course</th>
<th>Side Dishes</th>
<th>Dessert</th>
<th>Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Vegetable Gnocchi StirFry</td>
<td>Pink Sauce or White Sauce</td>
<td>Ruccola Pesto</td>
<td>Regional Apple</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Swabian Herby Pasta Dish</td>
<td>Tomato Ragout</td>
<td>Grated Cheese</td>
<td>Regional Apple</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Indian Lentil Curry</td>
<td>Cucumber Dip</td>
<td>Spiced Rice</td>
<td>Nauan Bread</td>
</tr>
<tr>
<td>Thursday</td>
<td>Vegetable Balls</td>
<td>Tomato Ragout</td>
<td>Roast Potatoes</td>
<td>Regional Apple</td>
</tr>
<tr>
<td>Friday</td>
<td>Gratinated Cauliflower and Broccoli</td>
<td>White Sauce</td>
<td>Herby Potatoes</td>
<td>Regional Apple</td>
</tr>
</tbody>
</table>

### Essen 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Main Course</th>
<th>Side Dishes</th>
<th>Dessert</th>
<th>Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Beef Goulash Hungarian Style</td>
<td>Pasta</td>
<td>Regional Apple</td>
<td>Ei,Sn,Se,ML,So,Gl,GlW</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Roast Chicken leg</td>
<td>Herb Yoghurt Dip</td>
<td>Baked Potato and Pumpkin Pieces</td>
<td>Regional Apple</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cheesy Ravioli</td>
<td>Pumpkin Sauce</td>
<td>Regional Apple</td>
<td>Dessert</td>
</tr>
<tr>
<td>Thursday</td>
<td>Panfried Pork Kebab</td>
<td>Raita</td>
<td>Spiced Rice</td>
<td>Colestew with Carrot</td>
</tr>
<tr>
<td>Friday</td>
<td>Leek Noodles</td>
<td>Smoked Salmon Sauce</td>
<td>Leaf Spinach</td>
<td>Regional Apple</td>
</tr>
</tbody>
</table>

### Vegetarian and Vegan Options
- Vegetarian
- Vegan
- Vegan by request

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