

Mensa Gengenbach

	Monday 04.07.	Tuesday 05.07.	Wednesday 06.07.	Thursday 07.07.	Friday 08.07.	Saturday 09.07.
Essen 1 Students: 3,75 € Staff: 5,90 € Guests: 7,50 € Scholars: 4,60 €	■ Soy Strips Pepper Sauce Brown Rice Side Salad Dessert or Fruit 6 So,Gl,GIW	● Potato and Asparagus Casserole Side Salad Dessert or Fruit 0 Ei,Se,Gl,GIW,ML	● Lieblingsessen Broccoli Nuggets Salsa Sauce Lattice Fries Side Salad Dessert or Fruit 5,6 Ei,So,Sn,Se,Sf,Gl,GIW,GI,ML	▣ Stuffed Pepper Herb Yoghurt Dip Vegetable Salad with Organic Couscous Side Salad Dessert or Fruit 0 So,Sn,Se,Gl,GIW,ML	/	/
Essen 2 Students: 3,75 € Staff: 5,90 € Guests: 7,50 € Scholars: 4,60 €	Pork Steak Herb Butter Chips Carrots and Peas Dessert or Fruit sch ML	Mediterranean Pasta Salad Marinated Turkey Strips Baguette Dessert or Fruit 4,5,6 Ei,Sn,Sf,Gl,GIW,ML	Andrah Chicken Raita Indian Spiced Rice Side Salad Dessert or Fruit Sn,ML	● Salat & Bowl Halloumi-Bowl with black Lentils Beet Root Hummus Cucumber Salad Tomato-Watermelon Salad Lemon Bulgur 5 Ei,Sn,Sf,Sa,Gl,GIW,Nu,ML	/	/

● vegetarian ■ vegan ▣ vegan by request

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

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GD: spelt, GI, G: barley, GIW: wheat, ML: dairy (-product), Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy