




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