

Mensa Institutsviertel

	Monday 02.12.	Tuesday 03.12.	Wednesday 04.12.	Thursday 05.12.	Friday 06.12.	Saturday 07.12.
Schneller Teller Students, scholars: 1,65 € Staff: 2,80 € Guests: 3,20 €	Macaroni with Meat Sauce Grated Hard Cheese sch,4,6,ri Ei,Se,Gl,GIW,ML	● Potato Soup Apple Pancakes Side Salad Ei,So,Se,Gl,GIW,ML	■ Mixed Peppers Wheat Grain Dish Curry Sauce 4,5 So,Gl,GIW	Meat and Cheese Pizza Curry Ketchup Potato Salad with Cucumber sch,3,4,5,6,8,ri Sn,Se,Sf,ML	▣ Rice Pudding Vegan option at request + 0,35 € Plum Compote Sugar and Cinnamon 4 So,ML	/
Essen 1 Students, scholars: 2,80 € Staff: 3,80 € Guests: 5,10 €	■ Oriental Falafel Mango Chutney Vegetable fried Rice Side Salad So,Sn,Se,Sf,Gl,GIW	● Aubergine Masala Yoghurt Dip Basmati Rice Mixed Salad 5 ML	● Baked Potato Quark and Herbs Humous Cucumber Salad 5 Er,Sa,ML	● Tortellini filled with Ricotta and Spinach Pesto Mixed Salad Fruit 4,6 Ei,Gl,GIW,ML	● Pumpkin Lasagna Spicy Chilli Mango Sauce Side Salad 4,5 Ei,Gl,GIW,ML	/
Essen 2 Students, scholars: 2,80 € Staff: 3,80 € Guests: 5,10 €	Roast Pork Cream Pepper Sauce Swabian Herby Cheese Pasta Needle Beans sch,4,5 Ei,Gl,GIW,GIG,ML	Chicken in Red Wine Sauce with fresh Mushrooms Pasta Side Salad 4 Ei,Gl,GIW,GIG,ML	Marinated Pot Roast Red Wine Sauce Red Cabbage Potato Dumplings 4,5,ri Ei,Sn,Se,Sf,Gl,GIW,GIG	Freiburger Sausage Chips Curry Ketchup Leaf Salad sch,5,6,8,ri Sn,Se	Newcomer Paella with Poultry and Seafood Herb and Garlic Quark Baguette Side Salad 5 Kr,Se,We,Gl,GIW,ML	/
Wochenangebot Students, scholars: 3,10 € Staff: 4,10 € Guests: 5,10 €	▣ Curried Sausage or Tofu Sausage Chips Side Salad sch,8,9,ri So,Sn,Sf,Gl,GIW	▣ Curried Sausage or Tofu Sausage Chips Side Salad sch,8,9,ri So,Sn,Sf,Gl,GIW	▣ Curried Sausage or Tofu Sausage Chips Side Salad sch,8,9,ri So,Sn,Sf,Gl,GIW	▣ Curried Sausage or Tofu Sausage Chips Side Salad sch,8,9,ri So,Sn,Sf,Gl,GIW	▣ Curried Sausage or Tofu Sausage Chips Side Salad sch,8,9,ri So,Sn,Sf,Gl,GIW	/
Buffet Students, scholars: 0,85 € pro 100g Staff: 1,00 € pro 100g Guests: 1,20 € pro 100g	Breaded cutlet Lemon Jus Baby Carrots Potato Croquettes At choice: Meat, fish and vegan Specialties sch,4,5 Ei,Gl,GIW,GIG,ML	Pork Steak Saltimbocca Tomato Sauce Spicy Spaghetti At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable sch,4,5,6 Gl,GIW	Pork Shoulder Steak Herb Butter Chips At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable sch,5 ML	Fish Skewer Yoghurt Dip Chips At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 5 Fi,ML	Breaded Pork Escalope Lemon Jus Potato Bake with Gorgonzola Cheese At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable sch,4,5 Ei,Gl,GIW,GIG,ML	/
Abendessen Students, scholars: 0,80 € pro 100g Staff: 0,95 € pro 100g Guests: 1,15 € pro 100g	Mensa Rempartstraße Buffet at the Mansa Pavillon Mon-Fry 5.30 p.m. - 7.30 p.m.	Mensa Rempartstraße Buffet at the Mansa Pavillon Mon-Fry 5.30 p.m. - 7.30 p.m.	Mensa Rempartstraße Buffet at the Mansa Pavillon Mon-Fry 5.30 p.m. - 7.30 p.m.	Mensa Rempartstraße Buffet at the Mansa Pavillon Mon-Fry 5.30 p.m. - 7.30 p.m.	Mensa Rempartstraße Buffet at the Mansa Pavillon Mon-Fry 5.30 p.m. - 7.30 p.m.	/

● vegetarian ■ vegan ▣ vegan by request

Additives labelling: nF: from sustainable fisheries, ri: with beef, sch: with pork, 3: with flavor enhancers, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 7: sulfured, 8: with phosphates, 9: with sweeteners

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GID: spelt, GIG: barley, GIH: oat, GIR: rye, GIW: wheat, Kr: crustacean, ML: dairy (-product), NM: almond, NW: walnut, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy, We: mollusks