

Mensa Institutsviertel

	Monday 10.10.	Tuesday 11.10.	Wednesday 12.10.	Thursday 13.10.	Friday 14.10.	Saturday 15.10.
Schneller Teller Students, scholars: 2,10 € Staff: 3,60 € Guests: 4,70 €	■ Penne Arrabbiata 6 GIW,GI	● Cream and Herb Lentil Dish Swabian Pasta Sf,Ei,GI,GIW,Se,ML	■ Carrot Coconut Soup Whole grain Roll Fruit 8 GIG,GIH,GIR,GIW,Sa,So,GI	▣ Spaghetti Carbonara with Organic smoked Tofu Grated Hard Cheese 6,0 Ei,GI,GIG,Se,ML,GIW,So	▣ Rice Pudding Vegan option at request + 0,50 € Apple Puree Sugar and Cinnamon 5 ML,So	/
Essen 1 Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	■ Mini Spring Rolls Sweet and Sour Sauce Basmati Rice Side Salad or Regional Apple Sn,So,Sf,Se,GI,GIW	▣ Baked Vegetable Avocado Dip Soy Yoghurt Side Salad or Regional Apple 0,5 So,Sn,ML	▣ Greek Salad Greek Cheese or with Organic Tofu Cubes Granary Baguette Regional Apple 5,0 Sf,ML,GIW,GIR,GIG,GI,So,Sn	● Swabian Herby Pasta Dish Tomato Ragout Grated Cheese Side Salad or Regional Apple GI,ML,Ei,GIW	● Polenta with Chickpeas French Roasted Vegetables Sheep's Cheese with Mint Garnish Side Salad or Regional Apple 6 GI,Ei,GIW,ML	/
Essen 2 Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	Freiburger Sausage Curry Ketchup Chips Side Salad or Regional Apple 5,6,ri,sch,8 Se,Sn	Roast Beef Red Wine Sauce Potato Dumplings Needle Beans ri,4,0 Sf,Ei,GIW,GI	● Cannelloni with Vegetable and Cheese Crust Tomato Sauce Parsley Pesto Side Salad or Regional Apple 6 Se,ML,GIW,Ei,GI	Lemon Chicken Cream Sauce with Ruccola and Tomatoes Fusilli Pasta French Roasted Vegetables GI,GIW,ML	Baked Fish Dish White Wine Sauce Herby Potatoes Broccoli nF Fi,GI,GIW,ML	/
Essen 3 Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	■ Bei der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple GI,GIW,So	■ Bei der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple GI,GIW,So	■ Bei der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple So,GIW,GI	▣ Am Buffet gibt es: Create your own pizza possible to take away ri,sch,8,6,5,4,3 GI,Sn,GIW,ML,Se	▣ This week delicious banana split! ML	/
Wochenangebot Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	Thick Fries Chilli con Carne Garlic Oil, Hot Pepper Oil Grated Mozzarella Side Salad or Regional Apple ri Sn,Se,ML	Thick Fries Chilli con Carne Garlic Oil, Hot Pepper Oil Grated Mozzarella Side Salad or Regional Apple ri Sn,Se,ML	Thick Fries Chilli con Carne Garlic Oil, Hot Pepper Oil Grated Mozzarella Side Salad or Regional Apple ri Sn,Se,ML	Thick Fries Chilli con Carne Garlic Oil, Hot Pepper Oil Grated Mozzarella Side Salad or Regional Apple ri Sn,ML,Se	Thick Fries Chilli con Carne Garlic Oil, Hot Pepper Oil Grated Mozzarella Side Salad or Regional Apple ri Sn,Se,ML	/
Buffet Students, scholars: 0,95 € pro 100g Staff: 1,15 € pro 100g Guests: 1,40 € pro 100g	▣ Strips of Pork Mustard Sauce Potato Gratin At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable sch GI,GIW,ML,Sn	▣ Beef Bifteki Garlic Dip Sweet Potatoe Chips At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 0,ri ML,Sn	▣ Pork Cordon Bleu Cream Pepper Sauce Potato Croquettes, Baby Carrots At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 8,3,5,sch,6 ML,GIW,GI,Ei,Se,Sn	▣ Pumpkin Lasagna Herb Sauce At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable GI,GIW,ML	▣ Baked Chicken Baked Pumpkin At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 0 GI,GIW	/

● 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, 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, GI: glutenous grain, GID: spelt, GIG: barley, GIH: oat, GIR: rye, GIW: wheat, Kr: crustacean, ML: dairy (-product), NM: almond, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy, We: mollusks