




# Mensa Institutsviertel

	Monday 10.10.	Tuesday 11.10.	Wednesday 12.10.	Thursday 13.10.	Friday 14.10.	Saturday 15.10.
<b>Schneller Teller</b> Students, scholars: 2,10 € Staff: 3,60 € Guests: 4,70 €	Penne Arrabbiata 6 GIW,Gl	Cream and Herb Lentil Dish Swabian Pasta Sf,Ei,Gl,GIW,Se,ML	Carrot Coconut Soup Whole grain Roll Fruit 8 GIG,GIH,GIR,GIW,Sa,So,Gl	Spaghetti Carbonara with Organic smoked Tofu Grated Hard Cheese 6,0 Ei,Gl,GIG,Se,ML,GIW,So	Rice Pudding Vegan option at request + 0,50 € Apple Puree Sugar and Cinnamon 5 ML,So	/
<b>Essen 1</b> 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,Gl,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,Gl,So,Sn	Swabian Herby Pasta Dish Tomato Ragout Grated Cheese Side Salad or Regional Apple 6 Gl,ML,Ei,GIW	Polenta with Chickpeas French Roasted Vegetables Sheep's Cheese with Mint Garnish Side Salad or Regional Apple 6 Gl,Ei,GIW,ML	/
<b>Essen 2</b> 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,Gl	Cannelloni with Vegetable and Cheese Crust Tomato Sauce Parsley Pesto Side Salad or Regional Apple 6 Se,ML,GIW,Ei,Gl	Lemon Chicken Cream Sauce with Ruccola and Tomatoes Fusilli Pasta French Roasted Vegetables 6 Gl,GIW,ML	Baked Fish Dish White Wine Sauce Herby Potatoes Broccoli nF Fi,Gl,GIW,ML	/
<b>Essen 3</b> 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 Gl,GIW,So	Bei der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple Gl,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,Gl	Am Buffet gibt es: Create your own pizza possible to take away ri,sch,8,6,5,4,3 Gl,Sn,GIW,ML,Se	This week delicious banana split! ML	/
<b>Wochenangebot</b> 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	/
<b>Buffet</b> 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 Gl,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,Gl,Ei,Se,Sn	Pumpkin Lasagna Herb Sauce At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 6 Gl,GIW,ML	Baked Chicken Baked Pumpkin At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 0 Gl,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, Gl: 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