### Essen 1
**Monday 21.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

**Tuesday 22.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

**Wednesday 23.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

**Thursday 24.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

**Friday 25.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

**Saturday 26.06.**
- Mini Spring Rolls
  - Sweet and Sour Sauce
  - Basmati Rice
  - Fruit
  - Additives: So, Sn, Se, Gl, GlW
  - Contains: Ei, So, Sn

- Polenta with Chickpeas
  - Mozzarella with Pesto
  - Zucchini with Ratatouille Filling
  - Additives: So, Sn, Gl, GlW, Mil
  - Contains: Fi, Sf, Gl, GlW

- Falafel
  - Couscous-Vegetable Salad
  - Additives: 5, 8, 25
  - Contains: Ei, ML

- Baked Eggplants
  - with Yogurt cream and Pumpkin seeds
  - Organic Humous
  - Arabian Salad
  - Simit
  - Additives: 5, 6, So, Sn, Se, Gl, GlW, ML
  - Contains: So, Sn, Fi, Nu, NH

- Mediterranean Pasta Salad
  - Baguette
  - Additives: 5, 6
  - Contains: Ei, Sn, Gl, GlW, ML

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**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, 25: main ingredient of bio-signed meal is organic.

**Contains allergens:**