

Mensa Schwenningen

	Monday 28.11.	Tuesday 29.11.	Wednesday 30.11.	Thursday 01.12.	Friday 02.12.	Saturday 03.12.
Essen 1 Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	■ STUDY & FIT Pumpkin Ragout Sweet & Sour Long-Grain Wild Rice Side Salad or Regional Apple GL,GIW,So	● STUDY & FIT Organic Quinoa with Tomatoes, Beans and Eggplant Vegetable Burger Sour Cream Dip Side Salad or Regional Apple o GIW,GI,ML,Ei	● STUDY & FIT Pancakes with Quark Filling Vanilla Sauce Apple Puree Sugar and Cinnamon Side Salad or Regional Apple 5 ML,GI,Ei,GIW	■ STUDY & FIT Broccoli-Lentil Pan with Organic Tofu Basmati Rice Carrot Salad o,5 So,Sf,GIW,GI	● Broccoli Nut-wedges Mediterranean Vegetable Sauce Organic Spelt Ribbon Noodles Side Salad or Regional Apple o NH,NM,Nu,Se,GIH,GIW,Ei,GI	/
Essen 2 Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	Bernese Style Salisbury Steak Tomato and Olive Ragout Organic Farfalle Pasta Broccoli 5,o,ri,sch ML,GIW,GI,Ei,Sn	Chilli con Carne Sour Cream Dip Country Potatoes Side Salad or Regional Apple ri ML,Se,Sn	Regional Variety of Pork Shoulder Gravy Mashed Potato Sauerkraut sch ML,GIW,GI	● Vegetarian Swabian Pasta Onion Sauce Potato Salad Side Salad or Regional Apple 5 Sf,Se,GIW,GI,Ei,Sn	STUDY & FIT Wild Salmon Filet Mediterranean Vegetable Sauce Organic Wholemeal Spaghetti Leaf Spinach nF,o ML,Se,GIW,GI,Fi	/
Essen 3 Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	/	Bernese Style Salisbury Steak Gravy Long-Grain Wild Rice Rustico Carrots sch,ri Ei,Sn,ML,GI,GIW	/	/	/	/
Wochenangebot Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	▣ Breaded Pork Escalaope French Fries Side Salad sch GIW,GI	▣ Breaded Pork Escalaope French Fries Side Salad sch GIW,GI	▣ Breaded Pork Escalaope French Fries Side Salad sch GIW,GI	▣ Breaded Pork Escalaope French Fries Side Salad sch GIW,GI	/	/
Wochenangebot Students, scholars: 4,55 € Staff: 5,95 € Guests: 7,65 €	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	/	/

● 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, 8: with phosphates

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GI: barley, GIH: oat, GIW: wheat, ML: dairy (-product), NH: hazelnut, NM: almond, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy

Bio-zertifiziert: DE-ÖKO-005