

Mensa Trossingen

	Monday 06.12.	Tuesday 07.12.	Wednesday 08.12.	Thursday 09.12.	Friday 10.12.	Saturday 11.12.
Essen 1 Students, scholars: 3,25 € Staff: 6,90 € Guests: 6,90 €	● Oriental Falafel Pan-Cooked Ebly Zaziki Romanesco Vegetables	● Colourful Tortellini Wild Mushroom Sauce Grated Hard Cheese Mixed Vegetable Stirfry	● Pancakes with Raisins Sugar and Cinnamon Apple Puree Side Salad or Regional Apple	■ Wheat Escalope Wokfried Vegetables Basmati Rice Side Salad or Regional Apple	● Borek filled with Spinach Yoghurt Mint Dip Bean-Rice	/
		6	5		5	
Essen 2 Students, scholars: 3,25 € Staff: 6,90 € Guests: 6,90 €	Parmesan Crusted Chicken Breast Vegetable Sauce Organic Spaghetti Tomato Cubes Side Salad or Regional Apple	Pork Steak with Onion and Mustard Crust Gravy Duchess Potatoes Green Bean	Beef Strips Leek Sauce Parsley Potatoes Baby Carrots	Bell Pepper filled with Mincemeat Creamy Pepper Sauce Mashed Potato Carrots and Peas	Grilled wild Salmon Tomato and Spinach Ragout Brown Rice Side Salad or Regional Apple	/
	5,25	sch,5,7	5,ri	sch,6,ri	nF	

● vegetarian ■ vegan ▣ vegan by request

Additives labelling: nF: from sustainable fisheries, ri: with beef, sch: with pork, 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