

# Mensa Trossingen

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

● 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

**contains allergens:** Ei: eggs, Fi: fish, Gl: glutenous grain, GIG: 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