




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 Sn,Gl,GIW,ML	Colourful Tortellini Wild Mushroom Sauce Grated Hard Cheese Mixed Vegetable Stirfry Ei,Gl,GIW,GIG,ML ⁶	Pancakes with Raisins Sugar and Cinnamon Apple Puree Side Salad or Regional Apple Ei,Gl,GIW,ML ⁵	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 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 Se,Gl,GIW,ML ^{5,25}	Pork Steak with Onion and Mustard Crust Gravy Duchess Potatoes Green Bean Ei,Sn,Sf,Gl,GIW,GIG ^{sch,5,7}	Beef Strips Leek Sauce Parsley Potatoes Baby Carrots Gl,GIW,ML ^{5,ri}	Bell Pepper filled with Mincemeat Creamy Pepper Sauce Mashed Potato Carrots and Peas Ei,Gl,GIW,ML ^{sch,6,ri}	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