



# Mensa Flugplatz

|                | Monday 24.06.   | Tuesday 25.06.   | Wednesday 26.06.  | Thursday 27.06.  | Friday 28.06.   |
|----------------|---|--|---|--|---|
| <b>Essen 1</b> | Tortellini filled with Ricotta and Spinach<br>Asparagus and Vegetable Ragout<br>Regional Apple<br>o,bio<br>GLW,Gl,Sn,Se,ML    | Mini Spring Rolls<br>Sweet and Sour Sauce<br>Basmati Rice<br>Regional Apple<br>Gl,So,Sn,Sf,Se,GLW      | Lemon and Herb Pasta with Tomatoes and Rocket<br>Organic Smoked Tofu<br>Tomato Sugo<br>Parsley Pesto<br>Regional Apple<br>bio<br>So,Se,GLW,Gl | Vegetable Patties<br>White Sauce with fresh Mushrooms<br>Mashed Potato<br>Baby Carrots<br>5,4<br>ML,GLW,Gl,Sf,Ei | Oriental Falafel<br>Avocado Dip<br>Vegetable fried Rice<br>Harissa Dip<br>Regional Apple<br>5,9,alc,bio,o<br>Gl,GLW,Se,Sf,Sn,So |
| <b>Essen 2</b> | Bernese Style Salisbury Steak<br>Cream Pepper Sauce<br>Mashed Potato<br>Carrots and Peas<br>o,ri,bio,sch,5<br>Sn,ML,GLW,Gl,Ei | Organic Beef Tajine with Almonds and Prune<br>Pasta<br>Regional Apple<br>ri,6,o,bio<br>Nu,NM,Ei,Gl,GLW | Cannelloni with Vegetable and Cheese Crust<br>Tomato Sauce<br>Parsley Pesto<br>Regional Apple<br>ML,GLW,Gl,Ei,Se                              | Turkey Strips<br>Zurich Style<br>Pasta<br>Regional Apple<br>alc<br>ML,GLW,Gl                                     | Whiting<br>Tomato Dip<br>Herby Potatoes<br>Regional Apple<br>Fi,Gl,GLW,So,Sf,Sn,ML  |

 vegetarian

 vegan

 vegan by request

**Additives labelling:** alc: with alcohol, bio: bio - organic, 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, 9: with sweeteners

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

Die Spuren der Allergene sind in der Kennzeichnung nicht berücksichtigt. Bitte beachten Sie diesbezüglich die gesonderten Allergenhinweise auf unserer Homepage. Änderungen vorbehalten. Bei Fragen hierzu wenden Sie sich gerne an unser Personal.

Die Preise sind auf dem Tagesplan ausgewiesen.