

Mensa Institutsviertel

	Monday 04.12.	Tuesday 05.12.	Wednesday 06.12.	Thursday 07.12.	Friday 08.12.
Schneller Teller Studierende, Schüler 2,10 € Beschäftigte 3,60 € Gäste 4,70 €	■ Superfood Salad with Organic smoked Tofu o,bio	▲ Bulgur with Zucchini and Tomato Yoghurt Mint Dip or Organic Cucumber Dip bio,o	■ Penne Arrabbiata 6	Sausage Salad Quark and Herbs Roast Potatoes sch,9,3,5,6,8,ri	▲ Rice Pudding Vegan option at request + 0,50 € Peach Compote Sugar and Cinnamon
Essen 1 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	● Roasted Swabian Filled Pasta Tomato Sauce Potato Salad with Cucumber Side Salad or Regional Apple	● Austrian Style Pancakes Apple Puree Side Salad or Regional Apple 5	■ Mediterranean Pasta Salad Baguette Dessert 5,6	● Tortellini filled with Ricotta and Spinach Wild Garlic Sauce Julienne Style Vegetable Strips Grated Hard Cheese Dessert	● Baked Polenta Wild Mushroom Ragout Side Salad or Regional Apple
Essen 2 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	Spaghetti Bolognese Grated Hard Cheese Dessert bio,o,ri	Pork Steak with Double-baked Tomato and Mozzarella Herb Yoghurt Dip Baked Potato Cucumber Salad sch	■ Cauliflower Burger with Harrisia Mayonnaise Eggplant and Rucola Three Types of Fries Baked Potato Side Salad or Regional Apple 8	Poultry Satay Skewer Peanut Sauce Basmati Rice Side Salad or Regional Apple 18	Panfried Alaska Pollack Filet Tartar Sauce Steamed Potatoes Regional Apple nF
Essen 3 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	▲ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple	▲ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple	▲ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple	▲ Am Buffet gibt es: Create your own pizza 8,ri,3,4,5,6,sch	▲ Dessert
Wochenangebot Studierende, Schüler 3,70 € Beschäftigte 5,10 € Gäste 6,90 €	▲ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple sch,ri,8	▲ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple sch,ri,8	▲ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple 8,sch,ri	▲ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple 8,sch,ri	▲ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple ri,sch,8
Buffet Studierende, Schüler 0,95 € pro 100g Beschäftigte 1,15 € pro 100g Gäste 1,40 € pro 100g	▲ Bell Pepper filled with Mincemeat Creamy Pepper Sauce Potato and Wild Garlic Puree At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 6,sch,bio,o,ri	▲ Andhra Chicken Raita Vegetable fried Rice At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable alc	▲ Battered Vegetables Herb Yoghurt Dip Potatoes tossed in Sesame At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable	▲ Pork Cordon Bleu Baby Carrots Twisted Chips At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable sch,8,6,5,3	▲ Pork Cordon Bleu Chicken leg Italien style Chips At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable 5,8,6,3,sch

● vegetarisch ■ vegan ▲ auf Wunsch vegan

Kennzeichnungen: 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, 3: with flavor enhancers, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 8: with phosphates, 9: with sweeteners, 18: containing a source of phenylalanine