

# Mensa Institutsviertel

	Monday 04.12.	Tuesday 05.12.	Wednesday 06.12.	Thursday 07.12.	Friday 08.12.
<b>Schneller Teller</b> Students, scholars: 2,10 € Staff: 3,60 € Guests: 4,70 €	● Superfood Salad with Organic smoked Tofu o,bio So,Sn,Se,Sa,GID,GlG,GIR,GlW,Gl	▣ Bulgur with Zucchini and Tomato Yoghurt Mint Dip or Organic Cucumber Dip bio,o So,ML,GlW,Gl	■ Penne Arrabbiata 6 GlW,Gl	Sausage Salad Quark and Herbs Roast Potatoes sch,9,3,5,6,8,ri ML,Se,Sn,Sf	▣ Rice Pudding Vegan option at request + 0,50 € Peach Compote Sugar and Cinnamon So,ML
<b>Essen 1</b> Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	● Roasted Swabian Filled Pasta Tomato Sauce Potato Salad with Cucumber Side Salad or Regional Apple Sf,Sn,Se,ML,GlW,GlEi	● Austrian Style Pancakes Apple Puree Side Salad or Regional Apple 5 ML,Sn,Ei,Gl,GlW	■ Mediterranean Pasta Salad Baguette Dessert 5,6 Gl,GlW,Sf,Sn,So	● Tortellini filled with Ricotta and Spinach Wild Garlic Sauce Julienne Style Vegetable Strips Grated Hard Cheese Dessert Se,ML,GlW,Gl	● Baked Polenta Wild Mushroom Ragout Side Salad or Regional Apple ML,Sn,GlW,Gl
<b>Essen 2</b> Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	Spaghetti Bolognese Grated Hard Cheese Dessert bio,o,ri ML,Se,GlW,Gl	Pork Steak with Double-baked Tomato and Mozzarella Herb Yoghurt Dip Baked Potato Cucumber Salad sch Sn,ML	■ Cauliflower Burger with Harrisia Mayonnaise Eggplant and Ruccola Three Types of Fries Side Salad or Regional Apple 8 GlW,Sf,Sn,GlH,Gl,So	Poultry Satay Skewer Peanut Sauce Basmati Rice Side Salad or Regional Apple 18 So,Sn,ML,GlW,Gl,Fi,Er	Panfried Alaska Pollack Filet Tartar Sauce Steamed Potatoes Regional Apple nF GlW,So,Sn,Sf,ML,Gl,Fi,Ei
<b>Essen 3</b> Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	▣ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple Sn,ML,GlW,GlSo	▣ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple So,Sn,Gl,GlW,ML	▣ An der Kaffeebar gibt es: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple So,Sn,ML,GlW,Gl	▣ Am Buffet gibt es: Create your own pizza 8,ri,3,4,5,6,sch Sn,Se,ML,GlW,Gl	▣ Dessert ML
<b>Wochenangebot</b> Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	▣ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple sch,ri,8 Sn,Sf,Lu	▣ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple sch,ri,8 Sn,Lu,Sf	▣ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple 8,sch,ri Sn,Lu,Sf	▣ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple 8,sch,ri Lu,Sf,Sn	▣ Curried Sausage or planted Sausage Chips Side Salad or Regional Apple ri,sch,8 Sf,Lu,Sn
<b>Buffet</b> Students, scholars: 0,95 € pro 100g Staff: 1,15 € pro 100g Guests: 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 Ei,Gl,GlW,Sn,ML	▣ Andhra Chicken Raita Vegetable fried Rice At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable alc Sf,Sn,So,Gl,GlW,Se,ML	▣ Battered Vegetables Herb Yoghurt Dip Potatoes tossed in Sesame At choice: Meat, fish and vegan Specialties Pasta, Rice and Potato Varieties, Vegetable Ei,Gl,GlW,ML,Sa	▣ 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 Sn,Se,ML,GlW,Gl,Ei	▣ 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 Sn,Se,ML,GlW,Gl,Ei

● 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, 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

**contains allergens:** Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GID: spelt, GlG: barley, GlH: oat, GIR: rye, GlW: wheat, Lu: lupine, ML: dairy (-product), NM: almond, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy, We: mollusks

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.