Mensa Institutsviertel

	Montag 16.11.	Dienstag 17.11.	Mittwoch 18.11.	Donnerstag 19.11.	Freitag 20.11.
Schneller Teller	■ Mexican Potatoe-Bean-Hotpot Turkish Bread Sa,GlW,Gl	■ Pumpkin Soup Baked Organic-Tofu Baguette 5 Sn,So,GlW,GlH,Lu,Sa,Gl	● Cheese Pasta with Garden Parsley 4 ML,GlW,Gl	■ Maccaroni Dish with Organic Smoked Tofu and Potatoes from the Swiss Alps Tomato Sauce 4 Gl,GlW,Se,So	◪ Rice Pudding Vegan option at request + 0,70 € Plum Compote Sugar and Cinnamon 4 So,ML
Essen 1	■ Indian Lentil Curry Cucumber Dip Spiced Rice Turkish Bread Side Salad or apple 4 Sa,So,Sn,GlW,Se,Gl	■ Swabian Pasta Dish with Fresh Vegetables Tomato Sauce Pesto Side Salad or apple 4 Gl,GlW,Sn,Se	■ Mediterranean Pasta Salad with Organic Tofu Cubes Turkish Bread Side Salad or apple 6,5,7 GlW,Sa,Sf,Sn,Gl,So	● Polenta with Chickpeas French Roasted Vegetables Sheep's Cheese with Mint Garnish Side Salad or apple 4 Gl,GlW,Sn,ML	● Hash Browns Apple Puree Side Salad or apple 5 Sn,GlW,Gl,Ei
Essen 2	Crispy Chicken Escalope Tomato Ragout Fusilli Pasta Side Salad or apple gfl,18,4 Sn,GlW,GlG,Gl,Ei	Panfried Pork Kebab Herb Yoghurt Dip Indian Spiced Rice Coleslaw with Carrot sch,5 So,Sn,Sf,ML	● Vegetable Balls Tomato and Basil Ragout Swabian Herby Cheese Pasta Side Salad or apple 4 Sn,Ei,Gl,GlW,ML	Tajine with organic-Beef, Almonds and Prune Pasta Side Salad or apple ri,4,6 Sn,Nu,NM,GlW,Gl,Ei	Panfried Alaska Pollack Filet Tomato Dip Herby Potatoes Side Salad or apple nF,4 So,Sn,ML,GlW,Gl,Fi
Essen 3	An der Kaffeebar gibt es: Paella with Poultry and Seafood Yoghurt Dip Side Salad or apple gfl Kr,Se,We,Sn,ML	An der Kaffeebar gibt es: Paella with Poultry and Seafood Yoghurt Dip Side Salad or apple gfl Kr,We,Sn,Se,ML	An der Kaffeebar gibt es: Ramen Soup Mie Style Ramen soup Mie Style with Chicken Meat Baguette Side Salad or apple 5,18,6,9,gfl Gl,GlD,GlG,GlR,GlW,We,So,Sn,Sf,Se,Sa	◪ Am Buffet gibt es: Create your own pizza sch,ri,8,6,4,5 ML,GlW,Gl	◪ Dessert ML
Wochenangebot	◪ Breaded Pork Escalope or Vegetable Schnitzel Gravy Chips Side Salad or apple sch,4 Sn,GlW,Gl	◪ Breaded Pork Escalope or Vegetable Schnitzel Gravy Chips Side Salad or apple sch,4 Sn,GlW,Gl	◪ Breaded Pork Escalope or Vegetable Schnitzel Gravy Chips Side Salad or apple 4,sch Gl,GlW,Sn	◪ Breaded Pork Escalope or Vegetable Schnitzel Gravy Chips Side Salad or apple sch,4 Sn,Gl,GlW	◪ Breaded Pork Escalope or Vegetable Schnitzel Gravy Chips Side Salad or apple 4,sch Sn,GlW,Gl
Buffet	◪ Vegetable Skewer with Grill Cheese Pepper and Cream Cheese Dip Roast Potatoes At choice: Meat, fish and plantbased Specialties Pasta, Rice and Potato Varieties, Vegetable ML,Sn	◪ Fish Fingers Remoulade Potato Salad with Cucumber At choice: Meat, fish and plantbased Specialties Pasta, Rice and Potato Varieties, Vegetable 5,9,nF Fi,Gl,GlW,ML,Sf,Sn,So	◪ Venison Goulash Red Cabbage with Apples Swabian Pasta At choice: Meat, fish and plantbased Specialties Pasta, Rice and Potato Varieties, Vegetable lw,alc,9,4,5 Sf,ML,GlW,Gl,Ei	◪ Pork Steak Saltimbocca Tomato Ragout Spicy Spaghetti At choice: Meat, fish and plantbased Specialties Pasta, Rice and Potato Varieties, Vegetable 4,5,6,sch Gl,GlW	◪ Schlachtplatte Farmer Sausage Roast Pork Organic Beef Strips Mashed Potato Sauerkraut 4,5,6,8,alc,ri,sch ML,Sf,Sn
Abendessen 1	■ Lentil Dish Swabian Pasta Dish Organic vienese Tofu Sausages Side Salad from Buffet 4,5 Gl,Se,Sf,Sn,So,GlW	■ Regional Potato Dumplings Plantbased Sausages Sauerkraut Side Salad from Buffet alc Sf,Gl,GlW,Sn	● Cannelloni with Vegetable and Cheese Crust Tomato Sauce Parsley Pesto Side Salad from Buffet 4 Se,Gl,GlW,ML,Sn	■ Baked Organic-Tofu Guacamole Vegetable Paella Side Salad from Buffet 5 Lu,Sa,Se,Sn,Gl,GlW,GlH,So	◪ Thick Fries with Surprise Side Salad from Buffet 5 ML,Sn
Abendessen 2	Tandoori Chicken Breast Wok Vegetables with sweet and sour Sauce Basmati Rice Side Salad from Buffet 5,gfl Sf,Se,ML,GlW,Gl,Sn	Spaghetti Bolognese with organice-beef Grated Hard Cheese Side Salad from Buffet 4,ri Gl,GlW,ML,Se,Sn	Chicken Breast Fillet with Double-baked Tomato and Mozzarella Lemon Sauce Pasta Side Salad from Buffet 4,gfl Ei,Gl,GlW,ML,Sn	Strips of Pork Mexican Sauce Rigatoni Side Salad from Buffet H3,sch,6,4 Sn,Se,GlW,Gl	Roast Chicken leg Chips Side Salad from Buffet gfl Sn

● vegetarian ■ plant-based ◪ plant-based by request

Additives labelling: 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 7: sulfured, 8: with phosphates, 9: with sweeteners, 18: containing a source of phenylalanine, alc: with alcohol, gfl: with chicken, lw: with lamb or game, nF: from sustainable fisheries, ri: with beef, sch: with pork

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GlD: spelt wheat, GlG: barley, GlH: oat, GlR: rye, GlW: wheat, Kr: crustacean, Lu: lupine, ML: dairy/lactose, 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.

Die Preise sind auf dem Tagesplan ausgewiesen.