

Mensa Littenweiler

	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 €	● Apple Strudel Vanilla Sauce Side Salad	■ Lentil Dish Swabian Pasta Dish	■ Colourful Fusilli Pasta Herb and Olive Sauce 5	▣ Potato Salad with Viennese Sausages or Organic Tofu Sausages 5,sch,8,bio,o,6,ri	■ Turnip-Carrot-Curry Whole grain Roll 8
Essen 1 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	■ Vegetable Gnocchi Stirfry Cream Sauce Parsley Pesto Side Salad or Regional Apple	● Colourful Tortellini Cheese and Vegetable Sauce Side Salad or Regional Apple	■ STUDY & FIT Organic Tempeh Cubes Mediterranean Vegetable Sauce Salty Potatoes Mixed Salad Fruit o,bio	■ Asian Pan Thai Curry Basmati Rice Peanuts Side Salad or Regional Apple 3,6,4	■ STUDY & FIT Soy Strips Zurich Style Sauce Organic Wholemeal Penne Needle Beans bio,o
Essen 2 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	STUDY & FIT Chicken Greek Style Zaziki Mediterranean Potato Stirfry Side Salad	● STUDY & FIT Potato Rosti Quark and Herbs Humous Side Salad	Roast Pork Gravy Swabian Pasta Mixed Vegetables sch	STUDY & FIT Pollack Filet with Tomatoes and Basil Herb Sauce Brown Rice Side Salad nF	Beef with Root Vegetables Horseradish Sauce Roast Potatoes Beetroot Salad ri,o,bio,5,9,7
Wochenangebot Studierende, Schüler 3,70 € Beschäftigte 5,10 € Gäste 6,90 €	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple
Buffet Studierende, Schüler 0,95 € pro 100g Beschäftigte 1,15 € pro 100g Gäste 1,40 € pro 100g	● STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 8,7,5,4	● STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 8,7,4,5	● STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 8,7,5,4	● STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 8,7,5,4	● STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 8,7,5,4

● 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, 7: sulfured, 8: with phosphates, 9: with sweeteners