




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	Potato Salad with Viennese Sausages or Organic Tofu Sausages	Turnip-Carrot-Curry Whole grain Roll
			5	5,sch,8,bio,o,6,ri	8
Essen 1 Studierende, Schüler 3,35 € Beschäftigte 4,75 € Gäste 6,90 €	Vegetable Gnocci 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	Asian Pan Thai Curry Basmati Rice Peanuts Side Salad or Regional Apple	STUDY & FIT Soy Strips Zurich Style Sauce Organic Wholemeal Penne Needle Beans
			o,bio	3,6,4	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	STUDY & FIT Pollack Filet with Tomatoes and Basil Herb Sauce Brown Rice Side Salad	Beef with Root Vegetables Horseradish Sauce Roast Potatoes Beetroot Salad
			sch	nF	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	STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing	STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing	STUDY & FIT salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing	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	8,7,4,5	8,7,5,4	8,7,5,4	8,7,5,4

 vegetarisch
  vegan
  auf Wunsch vegan

630 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