

Mensa Littenweiler

	Monday 04.12.	Tuesday 05.12.	Wednesday 06.12.	Thursday 07.12.	Friday 08.12.
Schneller Teller Students, scholars: 2,10 € Staff: 3,60 € Guests: 4,70 €	● Apple Strudel Vanilla Sauce Side Salad ML,GIW,GLEi	■ Lentil Dish Swabian Pasta Dish Se,GIW,GI,Sf	■ Colourful Fusilli Pasta Herb and Olive Sauce 5 GI,GIW	▣ Potato Salad with Viennese Sausages or Organic Tofu Sausages 5,sch,8,bio,o,6,ri GI,GIW,Sf,Sn,So	■ Turnip-Carrot-Curry Whole grain Roll 8 GL,So,Se,Sa,GIW,GIH,GI,GI
Essen 1 Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	■ Vegetable Gnocchi Stirfry Cream Sauce Parsley Pesto Side Salad or Regional Apple So,GI,GIW,Se	● Colourful Tortellini Cheese and Vegetable Sauce Side Salad or Regional Apple ML,GIW,GI,Se	■ STUDY & FIT Organic Tempeh Cubes Mediterranean Vegetable Sauce Salty Potatoes Mixed Salad Fruit o,bio Se,GIW,So,GI	■ Asian Pan Thai Curry Basmati Rice Peanuts Side Salad or Regional Apple 3,6,4 GL,Er,GIW,Se,Sn,So	■ STUDY & FIT Soy Strips Zurich Style Sauce Organic Wholemeal Penne Needle Beans bio,o GIW,So,GI
Essen 2 Students, scholars: 3,35 € Staff: 4,75 € Guests: 6,90 €	STUDY & FIT Chicken Greek Style Zaziki Mediterranean Potato Stirfry Side Salad ML	● STUDY & FIT Potato Rosti Quark and Herbs Humous Side Salad Er,ML,Sa,Sn	Roast Pork Gravy Swabian Pasta Mixed Vegetables sch GIW,GLEi	STUDY & FIT Pollack Filet with Tomatoes and Basil Herb Sauce Brown Rice Side Salad nF Fi,GI,GIW,ML,Se	Beef with Root Vegetables Horseradish Sauce Roast Potatoes Beetroot Salad ri,o,bio,5,9,7 Sn,Sf,ML,GIW,GI,Se
Wochenangebot Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple So,GI,ML,Se,Sn,GIW	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple Se,ML,GIW,GI,So,Sn	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple Se,Sn,So,GI,GIW,ML	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple So,Sn,GI,ML,Se,GIW	▣ Thick Fries Spicy Vegetables Ruccola Pesto, Hot Pepper Grated Mozzarella Side Salad or Regional Apple So,Sn,Se,ML,GIW,GI
Buffet Students, scholars: 0,95 € pro 100g Staff: 1,15 € pro 100g Guests: 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 ML,GIW,GIH,GI,GI,GI,So,Sn,Sa,Sf	● 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 GIH,GI,GIW,ML,Sa,Sf,Sn,GI,GI,GI,So	● 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 Sa,Sf,Sn,So,ML,GIW,GIH,GI,GI,GI	● 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 Sf,Sa,ML,GIW,GIH,GI,GI,GI,GI,GI	● 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 Sf,Sa,ML,GIW,GIH,GI,GI,GI,GI,GI

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

contains allergens: Ei: eggs, Er: peanut, Fi: fish, GI: glutenous grain, GIG: barley, GIH: oat, GIR: rye, GIW: wheat, Lu: lupine, ML: dairy (-product), NH: hazelnut, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy

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.