

Mensa Littenweiler

	Monday 27.05.	Tuesday 28.05.	Wednesday 29.05.	Thursday 30.05.	Friday 31.05.
Schneller Teller	Swabian Herby Pasta Dish Tomato Ragout Grated Cheese ML,GIW,Gl,Ei	Sausage Salad Quark and Herbs Roast Potatoes 9,8,6,5,sch,ri,3 ML,Se,Sn,Sf	Gazpacho Organic Smoked Tofu bio Gl,So,Sf,GIW,GlG		Rice Pudding Vegan option at request + 0,50 € Cherry Compote Sugar and Cinnamon ML,So
Essen 1	Indian Lentil Curry Cucumber Dip Spiced Rice Naan Bread Side Salad or Regional Apple bio,o So,Sn,Se,GIW,Gl	Oriental Falafel Mango Chutney Vegetable fried Rice Side Salad or Regional Apple alc So,Sn,Sf,Se,Gl,GIW	Potato Dumpling and Vegetable Dish White Sauce Pesto Side Salad or Regional Apple So,Gl,GIW,Se,Sn		Lentil-Beetroot-Salad Halloumi Lemon Cream Pan-Cooked Sweet Potatoes with Dates Sn,Sf,Se,ML,So
Essen 2	Organic Hungarian Style Beef Goulash Fusilli Pasta Side Salad or Regional Apple alc,ri,o,bio Gl,GIW,Sn	Italian Pasta Bake Tomato Ragout Side Salad or Regional Apple Ruccola Sn,GIW,Gl,ML	Lasagna with Organic Beef and Cheese Crust Parsley Pesto Side Salad or Regional Apple ri,o,bio Se,ML,GIW,Gl,Sn		Baked Fish Dish White Wine Sauce Tomato-Pasta nF,alc Se,GIW,ML,Gl,Fi,Ei
Wochenangebot	Curried Sausage or vegan Sausage Chips Side Salad or Regional Apple ri,sch,8 So,Sn,Sf,Se	Curried Sausage or vegan Sausage Chips Side Salad or Regional Apple sch,ri,8 So,Sn,Sf,Se	Curried Sausage or vegan Sausage Chips Side Salad or Regional Apple 8,ri,sch Sn,So,Sf,Se		Curried Sausage or vegan Sausage Chips Side Salad or Regional Apple 8,ri,sch Sn,So,Sf,Se
Buffet	salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad, Vinaigrette Dressing Yoghurt Dressing Carrot Salad, Potato Salad 4,7,8,5 ML,Sa,Sf,Sn,So,GIW,GlR,GlH,GlG,Gl	salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Whole grain Roll Leaf Salad Vinaigrette Dressing Yoghurt Dressing 5,4,8,7 GlR,GIW,ML,Sa,Sf,Sn,GlH,GlG,Gl,So	salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Leaf Salad Vinaigrette Dressing Carrot Salad Potato Salad 7,5,4 Sn,Sf		salad buffet Leaf salads with various dressings, dressed salads and fresh fruit Leaf Salad Vinaigrette Dressing Carrot Salad Potato Salad 7,5,4 Sn,Sf

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, 18: containing a source of phenylalanine

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GlG: barley, GlH: oat, GlR: rye, GIW: wheat, ML: dairy (-product), 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.

Die Preise sind auf dem Tagesplan ausgewiesen.