

Mensa Trossingen

	Monday 27.01.	Tuesday 28.01.	Wednesday 29.01.	Thursday 30.01.	Friday 31.01.
Essen 1	<ul style="list-style-type: none"> ● Pumpkin-Brussel Sprout-Stew Pumpkin Seeds Rice with Corn Side Salad or Regional Fruit <p style="text-align: right;">Sn,ML</p>	<ul style="list-style-type: none"> ■ Bulgur with Zucchini and Tomato Ruccola and Sweet Potato Slices Tomato Sauce Side Salad or Regional Fruit <p style="text-align: right;">GLW,GIG,Gl,Sn</p>	<ul style="list-style-type: none"> ■ Spicy Vegetables Organic Wholemeal Penne Side Salad or Regional Fruit <p style="text-align: right;">So,Sn,Se,GIW,Gl</p>	<ul style="list-style-type: none"> ● Swabian Cheese Pasta Roast Onion Cream Sauce Side Salad or Regional Fruit <p style="text-align: right;">Sn,ML,GIW,Gl,Ei⁴</p>	<ul style="list-style-type: none"> ● Parsnip-Turnip Hash Browns Cream Sauce with Ruccola and Tomatoes Mediterranean Potato Stirfry Side Salad or Regional Fruit <p style="text-align: right;">Ei,Gl,GlH,GIW,ML,Sn</p>
Essen 2	<ul style="list-style-type: none"> Organic-Spaghetti Bolognese Sauce Grated Hard Cheese Green Bean <p style="text-align: right;">ri ML,Se,Gl,GIW</p>	<ul style="list-style-type: none"> Schnitzel with Cheese and Onions Cream Sauce Organic Spätzle Pasta Peas <p style="text-align: right;">sch,8,7,5,6 Gl,GIW,ML,Sf,Sn,Ei</p>	<ul style="list-style-type: none"> Pork Cordon Bleu Chive Sauce Roast Potatoes Mixed Peas, Carrots and Asparagus <p style="text-align: right;">6,sch,5 ML,GIW,Gl</p>	<ul style="list-style-type: none"> Beef Strips Stroganoff Buttered Rice Rustico Carrots <p style="text-align: right;">alc,9,ri,5 ML,GIW,Gl</p>	<ul style="list-style-type: none"> Baked Fish Dish Mustard Sauce Mashed Potato Carrots and Peas <p style="text-align: right;">nF Fi,Gl,GIW,ML,Sn</p>

● vegetarian ■ vegan ▣ vegan by request

Additives labelling: alc: with alcohol, nF: from sustainable fisheries, ri: with beef, sch: with pork, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 7: sulfured, 8: with phosphates, 9: with sweeteners

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GIG: barley, GlH: oat, 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.