




Mensa Offenburg

	Monday 20.01.	Tuesday 21.01.	Wednesday 22.01.	Thursday 23.01.	Friday 24.01.
Essen 1	Nachhaltigkeitswoche Chard Risotto Pumpkin Seeds Baked Organic-Tofu Side Salad or Regional Fruit Gl,GIG,GH,GIW,ML,Sa,Sn,So	Nachhaltigkeitswoche Indian Lentil Curry Basmati Rice Papadam Side Salad or Regional Fruit Gl,Sn,Se,GIW	Nachhaltigkeitswoche Penne Arrabiata Grated Hard Cheese Side Salad or Regional Fruit 6 Gl,GIW,ML,Se,Sn	Nachhaltigkeitswoche Tortellini with Vegetable Filling Spinach Sauce Ground Hazelnut Side Salad or Regional Fruit Sn,Nu,NH,GIW,GH,GI,So	Nachhaltigkeitswoche Regional Potato Dumplings Gravy Sauerkraut Side Salad or Regional Fruit alc GIW,Sn,GI
Essen 2	Big Curried Sausage Curried Sausage Sauce Chips Side Salad or Regional Fruit 5,6,8,ri,sch Se,Sf,Sn	Turkey Strips Creamy Mushroom Sauce Swabian Pasta Brussel Spouts ML,Gl,Ei,GIW	Falafel-Bowl Falafel Yoghurt with Coriander and Lemon Tomato Millet Sweet Potatoe Chips Cauliflower Salad 6 Gl,GIW,ML,Se,Sf,Sn	Nachhaltigkeitswoche Panfried Alaska Pollack Filet Remoulade Steamed Potatoes Side Salad or Regional Fruit nF,5,9 Sn,ML,GIW,GI,GI,Fi,Ei	Nachhaltigkeitswoche Soy Kebab Dish Zaziki Herby Rice Balkan Vegetables So,ML
Buffet	in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables	in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables	in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables	in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables	in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables

 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, 8: with phosphates, 9: with sweeteners

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GIG: barley, GH: oat, GIW: wheat, ML: dairy (-product), NC: cashew, 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.

Die Preise sind auf dem Tagesplan ausgewiesen.