Mensa Offenburg

	Montag 30.11.	Dienstag 01.12.	Mittwoch 02.12.	Donnerstag 03.12.	Freitag 04.12.
Essen 1	■ Newcomer Sour Cream Side Salad or regional apple 5 Gl,GlH,So,Sf,Sn,GlW	■ Newcomer PHD peanut Curry with pumpkin and chickpeas Millet Side Salad or apple Sn,Er	■ Penne Soy Bolognese Organic Sunflower seeds Side Salad or apple Se,So,Sn,GlW,Gl	■ Plan Health Spaghetti Plantbased Carbonara with Leeks, Almonds and Roasted Tempeh Side Salad or regional apple GlW,Nu,NM,Sn,So,Er,Gl	■ Newcomer PHD pumpkin fritters Roasted onion cream Colourful Market Vegetables Side Salad or apple 7,4 So,Sn,Sf,GlH,Gl
Essen 2	Chicken Breast Fillet Peanut Sauce Basmati Rice Mixed Vegetables gfl Er,Fi,Gl,GlW,ML,So	● Soy Kebab Dish Zaziki Country Potatoes Side Salad or regional apple ML,Sn,So	■ Newcomer PHD Dal of kidney beans and lentils Roasted cauliflower Seasoning oil Naan Bread GlW,Sn,Gl	Panfried Turkey Escalope Lemon Jus Chips Side Salad or regional apple gfl GlW,Gl,Sn	Pasta with Salmon White Sauce Broccoli Side Salad or regional apple nF Gl,Ei,GlW,Fi,Sn,ML
Buffet	◪ in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables gfl	◪ in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables gfl	◪ in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables gfl	◪ in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables gfl	◪ in the free flow at choice Salad buffet Meat, fish and vegan Specialties, side dishes, vegetables gfl

● vegetarian ■ plant-based ◪ plant-based by request

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

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GlG: barley, GlH: oat, GlW: wheat, ML: dairy/lactose, NM: almond, 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.