Mensa Schwenningen

	Monday 02.02.	Tuesday 03.02.	Wednesday 04.02.	Thursday 05.02.	Friday 06.02.
Essen 1	Thajin Style Moroccan Pumpkin Organic Couscous with Raisin and Chili Toasted Almonds Side Salad or regional apple Sn,Nu,NM,GlW,Gl	Gnocchi Tomato and Zucchini Ragout Grated Hard Cheese Side Salad or regional apple Sn,ML,GlW,Gl	Noodles with Sesame and Vegetables Organic-Tofu with Ginger Basil Sauce Side Salad or regional apple alc,6,4 Gl,GlW,So,Sn,Sf,Se,Sa	Vegetable Paella Yoghurt Mint Dip Mixes Carrots with Black Salsify and Beans Side Salad or regional apple Se,ML,Sn	Cheese and Vegetable Pasta Dish Greek Cheese Creamy Pepper Sauce Side Salad or regional apple 6 Gl,GlW,ML,Se,Sn
Essen 2	Maccaroni Dish with Smoked Meat and Potatoes from the Swiss Alps Tomato Sauce Apple Puree Carrots and Peas 8,5,sch,6 Ei,Gl,GlW,Se	Panfried Poultry Kebab Zaziki Balkan Style Fried Rice Balkan Vegetables Sn,Se,ML	Spicy Vegetables Zaziki Brown Rice Side Salad or regional apple Se,So,Sn,ML,GlW,Gl	Stuffed Cabbage Leaf Bacon Sauce Mashed Potato Side Salad or regional apple 8,sch,5,6 Sn,ML,Gl,Ei,GlW	Panfried Alaska Pollack Filet Creamy Pepper Sauce Chinese Style Fried Noodles Broccoli 6,nF Ei,So,Fi,ML,GlW,Gl,Se
Essen 3	German Meatballs in Caper Sauce Kaper Sauce Rosemary Roasted Potatoes Carrots and Peas sch ML,GlW,GlG,Gl,Ei	Pancakes with Quark Filling Sugar and Cinnamon Apple Puree Side Salad or regional apple 5 ML,Sn,GlW,Gl,Ei	Nuremberger Sausage Gravy Maccaroni Dish with Smoked Meat and Potatoes from the Swiss Alps Mixed Peas, Carrots and Asparagus 6,sch,5,8 Ei,Gl,GlW,Se	Mie Noodles Ragout Asian Style with Organic-Tofu Basil Sauce Side Salad or regional apple Nu,Sn,So,NC,ML,GlW,Gl	Stuffed Cabbage Leaf Bacon Sauce Herby Potatoes Side Salad or regional apple 8,sch,5,6 Sn,ML,GlW,Gl,Ei
Wochenangebot	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Gl,GlG,GlW,Sn	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Gl,GlG,GlW,Sn	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Sn,Gl,GlG,GlW	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch GlG,Gl,GlW,Sn	
Wochenangebot	Chicken Wings French Fries Side Salad 5 Sn	Chicken Wings French Fries Side Salad 5 Sn	Chicken Wings French Fries Side Salad 5 Sn	Chicken Wings French Fries Side Salad 5 Sn	

vegetarian vegan vegan by request

Additives labelling: 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 8: with phosphates, alc: with alcohol, nF: from sustainable fisheries, sch: with pork

contains allergens: Ei: eggs, Fi: fish, Gl: glutenous grain, GlG: barley, GlW: wheat, ML: dairy/lactose, NC: cashew, 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.