

Mensa Schwenningen

	Monday 02.10.	Tuesday 03.10.	Wednesday 04.10.	Thursday 05.10.	Friday 06.10.
Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	<input type="checkbox"/>	<input type="checkbox"/>	■ STUDY & FIT Borek filled with Spinach Leaf Spinach Cucumber Dip Mixed Bean Salad 5 Sf,Sn,So,GlW,Gl	● STUDY & FIT Noodles with Sesame and Vegetables Organic Tofu with Ginger Side Salad or Regional Apple alc,o,bio,4 Gl,So,Sn,GlW,Sf,Se,Sa,Ei	● Swabian Cheese Pasta Roast Onion Cream Sauce Side Salad or Regional Apple bio,o Ei,Gl,GlW,ML,Sn
Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	<input type="checkbox"/>	<input type="checkbox"/>	Macaroni with Ham Tomato Sauce Grated Cheese Mixed Carrots with Broccoli and Beans 5,6,8,sch Gl,GlW,ML,Ei	Bell Pepper filled with Mincemeat Creamy Pepper Sauce Venetian Rice with Peas Side Salad or Regional Apple ri,sch,6 Sn,ML,GlW,Gl,Ei	STUDY & FIT Grilled wild Salmon Olive and Tomato Sauce Mashed Potato Zucchini Ragout Side Salad or Regional Apple 5,nF Fi,Gl,ML,Sn,GlW
Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	● Hash Browns Apple Puree Sugar and Cinnamon Side Salad or Regional Apple 5 Gl,GlW,Sn,Ei	<input type="checkbox"/>
Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	<input type="checkbox"/>	<input type="checkbox"/>	▣ Breaded Pork Escalaope French Fries Side Salad sch Gl,GlW	▣ Breaded Pork Escalaope French Fries Side Salad sch GlW,Gl	<input type="checkbox"/>
Students, scholars: 4,55 € Staff: 5,95 € Guests: 7,65 €	<input type="checkbox"/>	<input type="checkbox"/>	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	<input type="checkbox"/>

● 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, 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, GLG: barley, GLH: oat, GLR: rye, GlW: wheat, ML: dairy (-product), NW: walnut, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy

Bio-zertifiziert: DE-ÖKO-005