

Mensa Schwenningen

	Monday 20.03.	Tuesday 21.03.	Wednesday 22.03.	Thursday 23.03.	Friday 24.03.
Essen 1 Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	Mexican Potatoe-Bean-Hotpot with Double-baked Tomato and Mozzarella Lemon-Wild Garlic Sauce Side Salad or Regional Apple GI, GL, GIW, ML, Sn	STUDY & FIT Soy Kebab Dish Zaziki Brown Rice Side Salad or Regional Apple 5 So	STUDY & FIT Kale-Hemp-Balls Pan-cooked sweet Potatoes with Cauliflower Ajvar Side Salad or Regional Apple 5 So	Regional Potato Dumplings Sauerkraut Cream Sauce Side Salad or Regional Apple alc Ei, GIW, GI, ML	Bread Dumpling Mushroom Ragout Side Salad or Regional Apple GIW, ML, Ei, GI
Essen 2 Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	STUDY & FIT Turkey Strips Vegetable Curry in Spicy Coconut Sauce Lentil- Rice with fried Onions Needle Beans Side Salad or Regional Apple GI, GIW, Sn, So	Nuremberger Sausage Onion Sauce Mashed Potato Sauerkraut alc, sch, 5 GIW, ML, GI	Swabian Cheese Pasta Roast Onion Cream Sauce Side Salad or Regional Apple 0 GIW, Ei, GI, ML	STUDY & FIT Roast Chicken leg Hungarian Style Buttered Rice Peas GI, GIW, ML	STUDY & FIT Battered Alaska Pollack Pumpkin Ragout Sweet & Sour Basmati Rice Side Salad or Regional Apple nF GIW, GI, ML, Sn, Fi, So
Students, scholars: 3,45 € Staff: 4,75 € Guests: 6,90 €	□	□	Swabian Lentil Dish Organic Spätzle Pasta A pair of Viennese Sausages Side Salad or Regional Apple 5, 6, sch, o Ei, GI, GIW, Se, Sf	Filled Yeast Dumpling with Plum Sauce Vanilla Sauce Poppy Seed Butter Side Salad or Regional Apple GI, Ei, ML, GIW	Turkey Strips Zurich Style Potato Dumplings Carrots and Peas alc GI, GIW, ML
Wochenangebot Students, scholars: 3,70 € Staff: 5,10 € Guests: 6,90 €	Breaded Pork Escalaope French Fries Side Salad sch GI, GIW	Breaded Pork Escalaope French Fries Side Salad sch GI, GIW	Breaded Pork Escalaope French Fries Side Salad sch GIW, GI	Breaded Pork Escalaope French Fries Side Salad sch GI, GIW	□
Wochenangebot Students, scholars: 4,55 € Staff: 5,95 € Guests: 7,65 €	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	Chicken Wings French Fries Side Salad 5	□

vegetarian
 vegan
 vegan by request

Additives labelling: alc: with alcohol, 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

contains allergens: Ei: eggs, Fi: fish, GI: glutenous grain, GIG: barley, GIH: oat, GIW: wheat, ML: dairy (-product), NM: almond, Nu: edible nuts, Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy

Bio-zertifiziert: DE-ÖKO-005