




Mensa Schweningen

	Monday 12.05.	Tuesday 13.05.	Wednesday 14.05.	Thursday 15.05.	Friday 16.05.
Essen 1	Zucchini with Ratatouille Filling Chive Sauce Tomato Rice Side Salad or Regional Fruit GIW,Gl,ML,Sn	Red Noodles Curry with Lentils and Pineapple Mango Chilli Dip Side Salad or Regional Fruit Gl,GIW,So,Sn,Sf	Celery Schnitzel Tomato and Basil Ragout Long-Grain Wild Rice Side Salad or Regional Fruit GIW,Se,Sn,Gl	Aglio Spaghetti with Sun-dried Tomatoes Grated Hard Cheese Tomato Ragout Mixes Carrots with Black Salsify and Beans 5 Gl,GIW,Sf,ML	Pancakes Ragout from Organic Asparagus Side Salad or Regional Fruit Ei,Gl,GIW,ML,Se,Sn
Essen 2	Organic-Penne Ham and Tomato Ragout Grated Hard Cheese Zucchini Ragout sch GIW,Gl,ML,Se	Traditional Swedish Meatballs Cranberry and Apple Compote Cream Sauce Buttered Potatoes Peas 5,ri,sch Ei,Gl,ML,GIW	Big Potato Rosti Herb and Garlic Quark Mixed Peas, Carrots and Asparagus ML	Cured Pork Mustard Sauce Bread Dumpling Spanish Style Beans 9,sch,6,alc,5 GIW,Gl,Ei,Sn	Cod Filet Sweet Potatoe with Curry of pointed Cabbage and Mango Parsley Potatoes Side Salad or Regional Fruit nF GIW,Gl,Fi,Sn
Essen 3	Salat & Bowl Woche Basmati Rice Mini Spring Rolls Soybeans Thai Curry Er,Gl,Se,GIW,So	Salat & Bowl Woche Falafel Organic Quinoa with Vegetables Sweet Potatoe Chips Cauliflower Salad Mojo Dip 6,5 So,Se,ML,Sn,Sf	Salat & Bowl Woche Vegetable Balls Tomato Salad with Mozzarella Mixed Bean Salad Wild Garlic Dip 5 Sn,Sf,ML,Ei	Salat & Bowl Woche Grilled wild Salmon Chickpea Salad Colourful Farmers Salad Vegetable Rice Dish Zaziki 5,nF Fi,Se,ML,Sn,Sf	Salat & Bowl Woche Turkey Strips Bulgur Salad Hallowm-i-Bowl with black Lentils Curry Dip 9,6,4,5 GIW,Gl,ML,Sa,Sf,Sn,So,Ei
Wochenangebot	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Gl,GIW,Sn	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Sn,Gl,GIW	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Sn,Gl,GIW	Breaded Pork Escalope or Wheat Schnitzel Leaf Salad Chips sch Sn,Gl,GIW	/
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, 9: with sweeteners, alc: with alcohol, nF: from sustainable fisheries, ri: with beef, sch: with pork

contains allergens: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GIW: wheat, ML: dairy/lactose, 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.