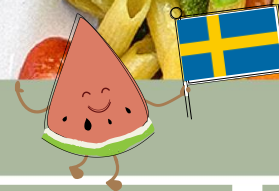
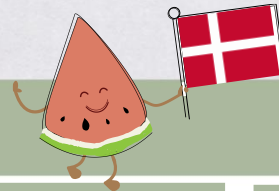


Primary & Secondary



Monday, 03.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Spinach dumplings with breadcrumbs and cheese sauce

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

A/C/G

COLORFUL DIVERSITY

Cevapcici with tomato rice noodles and creamed cucumber salad

A/G

PURE FREEDOM "Allergenes"

Vegan chilli with beans, sweetcorn, peppers and rice, - served with kumin soya dip

F

DESSERT

Fruit salad

Tuesday, 04.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Yellow Thai curry in coconut milk, vegetables, tofu and rice

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

F

COLORFUL DIVERSITY

Fish fingers with asparagus vegetables and mashed potatoes

D/G/03

PURE FREEDOM "Allergenes"

Fusilli with soya bolognese

A/F/03

DESSERT

Tiramisu

A/C/G

Wednesday, 05.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Red bulgur vegetable pan with soya yoghurt

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

A/F/03

COLORFUL DIVERSITY

Hot dog with cucumber, fried onions, melomi sauce and French fries

A/C/G/J/02/03/04/07/11

PURE FREEDOM "Allergenes"

Potato rösti with grilled vegetables and chive sour cream

G

DESSERT

Danish pastry pockets

A/C/G/02/03

Thursday, 06.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Green sauce with eggs and potatoes

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

C/G/J/03

COLORFUL DIVERSITY

Poultry meatballs with mashed potatoes and cranberries

A/C/G/03

PURE FREEDOM "Allergenes"

Vegetable curry with basmati rice

03

DESSERT

Kanelbollar cinnamon bun

A

Friday, 07.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Gluten free falafel burger with guacamole, tomato, cucumber, iceberg lettuce and potato wedges

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

C/J

COLORFUL DIVERSITY

BBQ burger with tomato smoke sauce, iceberg lettuce, tomato, cucumber and potato wedges

A/C/F/J/11

PURE FREEDOM "Allergenes"

Chicken cheeseburger with tomato, cucumber, iceberg lettuce and potato wedges

A/C/F/G/J/11

DESSERT

Strawberry yoghurt

G

Additives:	01 with dye	02 with preservatives	03 with antioxidants	04 with flavor enhancer	05 sulphurated
	06 blackendes	07 with phosphat	08 with milk protein	09 caffeinated	10 quinine
Allergenes:	a cereals containing gluten	b crustaceans	c eggs	d fish	e peanuts
	f soja	g milk	h nuts	i celery	j mustard
	k sesame seeds	l sulfur dioxide and sulphites	m lupines	n moluuscs	

Primary & Secondary

Monday, 10.06.2024

SALAD
Salad bar, raw vegetables, toppings,
dressing A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Pasta rocket and parsley pesto with
cheese

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08 A/G

COLORFUL DIVERSITY

Arroz de marisco - Portuguese rice stew
with seafood B/N/03

PURE FREEDOM "Allergenes"

Gnocchi ratatouille casserole G/03

DESSERT
Fruit salad

Tuesday, 11.06.2024

SALAD
Salad bar, raw vegetables, toppings,
dressing A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Red lentil dal with flatbread

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08 A/K/03

COLORFUL DIVERSITY

Grilled chicken thighs with potato
wedges A/D/F/K/03

PURE FREEDOM "Allergenes"

Potato and courgette casserole G

DESSERT
Greek yoghurt with honey G

Wednesday, 12.06.2024

SALAD
Salad bar, raw vegetables, toppings,
dressing A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Spinach gnocchi with gorgonzola cream
and rocket

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08 G

COLORFUL DIVERSITY

Pollock wrapped in power core and glass
noodle salad A/C/F/I/K/03

PURE FREEDOM "Allergenes"

Potato pancakes with apple sauce 03

DESSERT
Red fruit jelly with vanilla sauce G

Thursday, 13.06.2024

SALAD
Salad bar, raw vegetables, toppings,
dressing A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Couscous pan with vegetables and
chickpeas

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08 A/I

COLORFUL DIVERSITY

Fried mien noodles with chicken and
vegetables A/C/F/I/K/03

PURE FREEDOM "Allergenes"

Sweet potato curry with coconut milk
and basmati rice I/K

DESSERT
Apple strudel with vanilla cream A/G

Friday, 14.06.2024

SALAD
Salad bar, raw vegetables, toppings,
dressing A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Paprika and potato goulash with
flatbread

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08 A/K

COLORFUL DIVERSITY

Thai poultry curry with wok vegetables
and turmeric rice A/I/K/03

PURE FREEDOM "Allergenes"

Jacket potato with vegetables and herb
cream G

DESSERT
Rice pudding with cherries G

Additives:	01 with dye	02 with preservatives	03 with antioxidants	04 with flavor enhancer	05 sulphurated
	06 blackendes	07 with phosphat	08 with milk protein	09 caffeinated	10 quinine
Allergenes:	a cereals containing gluten	b crustaceans	c eggs	d fish	e peanuts
	f soja	g milk	h nuts	i celery	j mustard
	k sesame seeds	l sulfur dioxide and sulphites	m lupines	n moluuscs	



Primary & Secondary

Monday, 17.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Vegan tikka masala with vegetables, tofu and basmati rice

Test month in Primary Mensa pasta station

Pasta station: A/C/G/02/03/08 F/I/03

COLORFUL DIVERSITY

Beef sausage with curry sauce and potato wedges

A/D/F/G/I/J/02/03/08

PURE FREEDOM "Allergenes"

Mediterranean pasta bake

A/G

DESSERT

Fruit salad

Tuesday, 18.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Chilli sin carne with long grain rice

Test month in Primary Mensa pasta station

Pasta station: A/C/G/02/03/08 03

COLORFUL DIVERSITY

Greek moussaka

G/03

PURE FREEDOM "Allergenes"

Thai vegetable wok with red curry and basmati rice

A/F/I/03

DESSERT

Mini muffin

A/C/G

Wednesday, 19.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Noodles with green spelt Bolognese and cheese

Test month in Primary Mensa pasta station

Pasta station: A/C/G/02/03/08 A/I/03

COLORFUL DIVERSITY

Poultry sausage with peas, carrots and mashed potatoes

G/I/J/03

PURE FREEDOM "Allergenes"

Cheese spaetzle with fried onions and creamed cucumber salad

A/C/G

DESSERT

Chocolate brownie

A/C/F/G

Thursday, 20.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Lentil curry with chickpeas, vegetables and basmati rice

Test month in Primary Mensa pasta station

Pasta station: A/C/G/02/03/08 A/F/I/03

COLORFUL DIVERSITY

Roasted chicken breast with ratatouille and roast potatoes

03

PURE FREEDOM "Allergenes"

Vegetarian moussaka

G/03

DESSERT

Apple pie with vanilla sauce

A/G

Friday, 21.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Penne with asparagus and cherry tomato

Test month in Primary Mensa pasta station

Pasta station: A/C/G/02/03/08 A

COLORFUL DIVERSITY

Grilled pollack fillet with carrot and broccoli vegetables and herb potatoes

D/G

PURE FREEDOM "Allergenes"

Green spelt and potato casserole

A/G/03

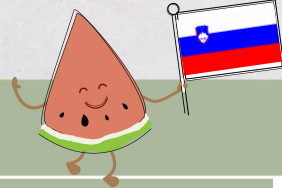
DESSERT

Blueberry yoghurt

G

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Allergenes:	a cereals containing gluten	b crustaceans	c eggs	d fish	e peanuts
	f soja	g milk	h nuts	i celery	j mustard
	k sesame seeds	l sulfur dioxide and sulphites	m lupines	n moluuscs	

Primary & Secondary



Monday, 24.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Pasta with Napoli sauce and cheese

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

COLORFUL DIVERSITY

Chicken wings with smoked tomato sauce, chips with mayo and ketchup

PURE FREEDOM "Allergenes"

Green sauce with eggs and potatoes

DESSERT

Fruit salad

Tuesday, 25.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Vegetable gyros with tzatziki and roast potatoes

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

COLORFUL DIVERSITY

Slovenian jota stew with beans, potatoes, beef and garlic

PURE FREEDOM "Allergenes"

Penne with red lentil bolognese

DESSERT

Quark strudel with apricot ragout

Wednesday, 26.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Potato rösti with grilled vegetables and chive sour cream

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

COLORFUL DIVERSITY

Viennese-style chicken schnitzel with potato and cucumber salad

PURE FREEDOM "Allergenes"

Red bulgur vegetable pan with soya yoghurt

DESSERT

Plum crumble

Thursday, 27.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Potatoes with creamed spinach and fried egg

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

COLORFUL DIVERSITY

Mushroom and turkey stew with noodles

PURE FREEDOM "Allergenes"

Wholemeal spaghetti with herb pesto and cheese

DESSERT

Greek yoghurt with honey

Friday, 28.06.2024

SALAD BAR
Raw vegetables, Toppings, Dressing
A/C/H/I/J
in Toppings und Dressing

PLANTPOWER

Vegi Lasagne with vegetables and mozzarella

Test month in Primary Mensa pasta station
Pasta station: A/C/G/02/03/08

COLORFUL DIVERSITY

Fried pasta with vegetables, egg and salmon fillet

PURE FREEDOM "Allergenes"

Gnocchi and spinach casserole

DESSERT

Rice pudding with cinnamon and sugar

Additives:	01 with dye	02 with preservatives	03 with antioxidants	04 with flavor enhancer	05 sulphurated
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