



Primary & Secondary

Monday, 01.07.2024

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

PLANTPOWER

Chilli sin carne with rice and soy dip

Test month in Primary Mensa pasta station
with various sauces

COLORFUL DIVERSITY

Goulash with vegetables and noodles

A/F

PURE FREEDOM "Allergenes"

Vegetable meatball with tzasiki and rice

A/C/G/08

DESSERT

Fruit salad

Tuesday, 02.07.2024

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

PLANTPOWER

Tortellini with cheese and Napoli sauce

Test month in Primary Mensa pasta station
with various sauces

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

A/C/G/08

COLORFUL DIVERSITY

Baked fish with creamed spinach and potatoes

A/C/D/G/08

PURE FREEDOM "Allergenes"

Lentil curry with vegetables and basmati rice

F

DESSERT

Rice pudding with cinnamon and sugar

G

Wednesday, 03.07.2024

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

PLANTPOWER

Asian vegetables pan with rice

Test month in Primary Mensa pasta station
with various sauces

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

F

COLORFUL DIVERSITY

Pasta Bolognese with cheese

A/G/I/08

PURE FREEDOM "Allergenes"

Vegetarian ravioli with ratatouille vegetables

A/C/1

DESSERT

Strawberry Yoghurt

G/08

Thursday, 04.07.2024

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

PLANTPOWER

Cheese spaetzle with mountain cheese

Test month in Primary Mensa pasta station
with various sauces

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

A/C/G/08

COLORFUL DIVERSITY

Sliced meat in cream with buttered spaetzle

A/C/G/08

PURE FREEDOM "Allergenes"

Jacket potato with roasted vegetables and herb dip (vegan)

DESSERT

Mini Muffin

A/C/G/01/03

Friday, 05.07.2024

melomi wishes
you a great
summer
holiday!



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	