



# Primary & Secondary

## Monday, 02.09.2024

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

### PLANTPOWER

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

A / D / G

### PURE FREEDOM "Allergenes"

F

DESSERT

## Tuesday, 03.09.2024

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

### PLANTPOWER

Veggie hash  
(sunflower mince) with spirelli

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Swabian beef hash and dumplings

A / C / J / 03

### PURE FREEDOM "Allergenes"

Turkey steak with herbs, grilled  
vegetables and djuvec rice

03

DESSERT

Stracciatella pudding

G / 01

## Wednesday, 04.09.2024

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

### PLANTPOWER

Lentil curry with coconut and mango -  
vegan with basmati rice

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Fish sticks, leek vegetables in cream,  
herb potato

A / D / G / 01

### PURE FREEDOM "Allergenes"

Corn on the cob, boiled potato and  
quark dip (lactose-free)

01

DESSERT

Chocolate rice pudding

G

## Thursday, 05.09.2024

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

### PLANTPOWER

Chili sin carne, long grain rice  
Vegan yogurt

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Chili Con Carne (beef), long grain rice  
and sour cream

G

### PURE FREEDOM "Allergenes"

Pollack fillet with herbs and lemon  
lemon d broccoli and paprika vegetables,  
herb potato

D / 01

DESSERT

Fruit salad

-

## Friday, 06.09.2024

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

### PLANTPOWER

Vegetable pizza with mozzarella

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Pizza with turkey ham and mozzarella

A / G / 02 / 03 / 07

### PURE FREEDOM "Allergenes"

Gluten-free pizza with  
turkey salami and peppers -  
lactose-free

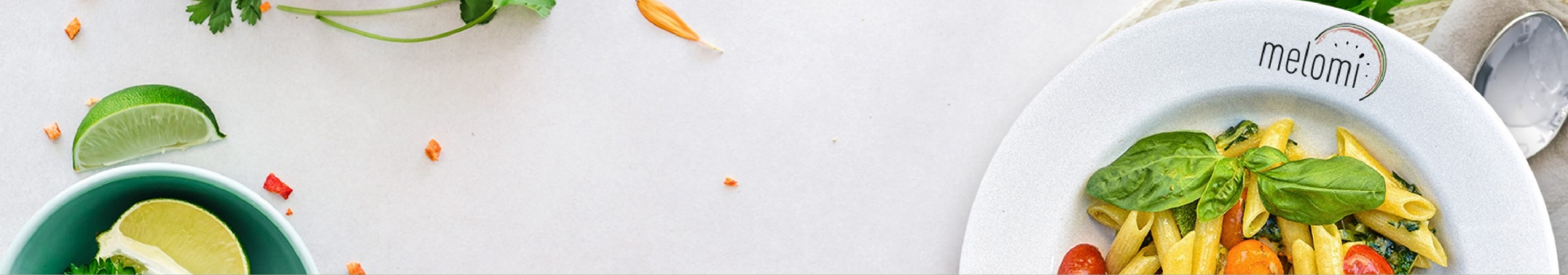
F / 01 / 02 / 03

DESSERT

Banana quark

G

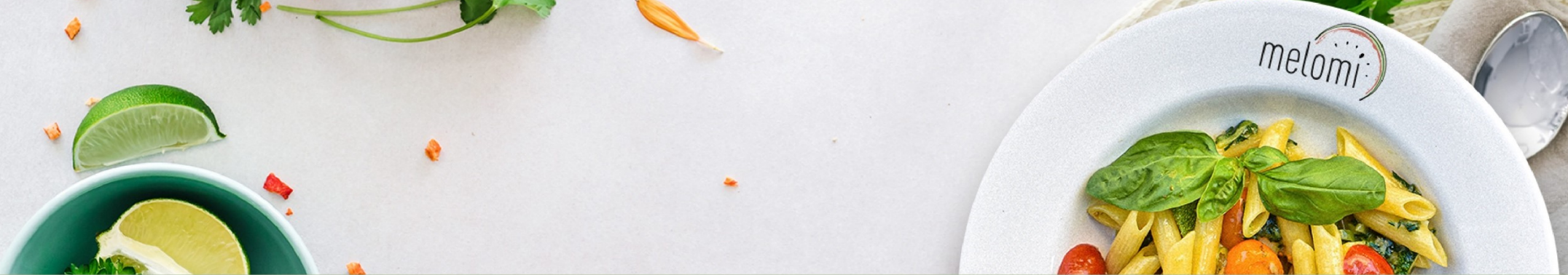
Additives:	01 with dye	02 with preservatives	03 with antioxidants	04 with flavor enhancer	05 sulphurated
	06 blackendes	07 with phosphat	08 with milk protein	09 caffeinated	10 quinine
Allergenes:	a cereals containing gluten	b crustaceans	c eggs	d fish	e peanuts
	f soja	g milk	h nuts	i celery	j mustard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



# Primary & Secondary

Monday, 09.09.2024	Tuesday, 10.09.2024	Wednesday, 11.09.2024	Thursday, 12.09.2024	Friday, 13.09.2024
<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <span style="float: right;">in Toppings und Dressing</span></p> <p><b>PLANTPOWER</b> Ebly pan with pumpkin, broccoli and feta</p> <p><b>Primary Mensa pasta station with various sauces</b> </p> <p><small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A / G</span></p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <span style="float: right;">in Toppings und Dressing</span></p> <p><b>PLANTPOWER</b> Kaiserschmarrn with apple sauce</p> <p><b>Primary Mensa pasta station with various sauces</b> </p> <p><small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A / C / G / 03</span></p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <span style="float: right;">in Toppings und Dressing</span></p> <p><b>PLANTPOWER</b> Potato rösti with mushroom cream sauce</p> <p><b>Primary Mensa pasta station with various sauces</b> </p> <p><small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">G</span></p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <span style="float: right;">in Toppings und Dressing</span></p> <p><b>PLANTPOWER</b> Cauliflower gratin "Mac and Cheese"</p> <p><b>Primary Mensa pasta station with various sauces</b> </p> <p><small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A / C / G / J / 01</span></p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <span style="float: right;">in Toppings und Dressing</span></p> <p><b>PLANTPOWER</b> Vegi Hot Dogs - to fill yourself</p> <p><b>Primary Mensa pasta station with various sauces</b> </p> <p><small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A / C / J / 01 / 03 / 11</span></p>
<p><b>COLORFUL DIVERSITY</b> Pasta bake with beef mince sauce and mozzarella au gratin</p> <p style="text-align: right;">A / G / 03</p>	<p><b>COLORFUL DIVERSITY</b> Beef shashlik stew Steakhouse and fries</p> <p style="text-align: right;">03 / 11</p>	<p><b>COLORFUL DIVERSITY</b> Braised beef brisket with horseradish sauce and boiled potato</p> <p style="text-align: right;">I / G / 01 / 03</p>	<p><b>COLORFUL DIVERSITY</b> Fruity turkey breast curry and basmati rice</p> <p style="text-align: right;">G / 01</p>	<p><b>COLORFUL DIVERSITY</b> Hot dogs (poultry) to fill yourself</p> <p style="text-align: right;">A / C / J / 01 / 02 / 03 / 07 / 11</p>
<p><b>PURE FREEDOM "Allergenes"</b> Caribbean rice pan with turkey breast</p> <p style="text-align: right;">-</p>	<p><b>PURE FREEDOM "Allergenes"</b> Chicken shashlik pot with steakhouse fries</p> <p style="text-align: right;">03 / 11</p>	<p><b>PURE FREEDOM "Allergenes"</b> Indian chicken tikka masala and basmati rice</p> <p style="text-align: right;">F / 03</p>	<p><b>PURE FREEDOM "Allergenes"</b> Gnocchi with minced meat sauce</p> <p style="text-align: right;">01 / 03</p>	<p><b>PURE FREEDOM "Allergenes"</b> Poultry sausage, with colorful carrot vegetables and pumpkin-potato puree (lactose-free)</p> <p style="text-align: right;">-</p>
<p><b>DESSERT</b> Fresh fruit</p> <p style="text-align: right;">-</p>	<p><b>DESSERT</b> Mini muffin with sugar</p> <p style="text-align: right;">G / C / 02</p>	<p><b>DESSERT</b> Plum crumble</p> <p style="text-align: right;">A / 01</p>	<p><b>DESSERT</b> Fruit salad</p> <p style="text-align: right;">03</p>	<p><b>DESSERT</b> Chocolate pudding</p> <p style="text-align: right;">G</p>

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, 16.09.2024

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

### PLANTPOWER

Burrito with sunflower mince, corn and beans

Primary Mensa pasta station with various sauces

Pasta station: A/C/G/02/03/0A / G / I / J / 01 / 02 / 03

### COLORFUL DIVERSITY

Burrito with minced beef, corn and beans

A / G / 01 / 02 / 03

### PURE FREEDOM "Allergenes"

Burrito with minced beef, corn, bean - gluten and lactose free

F / 01 / 03

### DESSERT

Fresh fruit

## Tuesday, 17.09.2024

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

### PLANTPOWER

Tortellini with ricotta and spinach with gorgonzola sauce

G / C / 02

### COLORFUL DIVERSITY

Minced meat pan with kritharaki, tomatoes and feta

A / G

### PURE FREEDOM "Allergenes"

Grilled chicken breast with paprika and tomato sauce, and herb potatoes

I / 01 / 03

### DESSERT

Orange tiramisu

G

## Wednesday, 18.09.2024

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

### PLANTPOWER

Boiled organic eggs with mustard sauce and parsley potatoes

Primary Mensa pasta station with various sauces

Nudelstation: A/C/G/02/03/08 C / F / J / 01

### COLORFUL DIVERSITY

Baked chicken with potato salad and tartar sauce

A / J / C / 01 / 02 / 11

### PURE FREEDOM "Allergenes"

Pollock fillet with herbs and lemon with broccoli and paprika vegetables and tomato rice

D / 01 / 03

### DESSERT

Salted caramel yogurt

G

## Thursday, 19.09.2024

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

### PLANTPOWER

Gratinated shepherd's cheese with tomato, olive, bell pepper and red onion, and baguette

A / G / 06

### COLORFUL DIVERSITY

Beef hash and spirelli

A / J / 03

### PURE FREEDOM "Allergenes"

Veggie hash (sunflower mince) with boiled potato

I / J / 01 / 03

### DESSERT

Fruit salad

03

## Friday, 20.09.2024

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

### PLANTPOWER

Falafel burger with brioche bun, burger sauce and steakhouse fries

Primary Mensa pasta station with various sauces

Nudelstation: A/C/G/02/03/08 A/C/J/01/03/11

### COLORFUL DIVERSITY

Cheeseburger with brioche bun, burger sauce and steakhouse fries

A / C / J / 01 / 03 / 11

### PURE FREEDOM "Allergenes"

Chicken burger with gluten-free panini, burger sauce and steakhouse fries

### DESSERT

Mini muffin

G / 01

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, 23.09.2024

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

A/C/H/I/J  
in Toppings und Dressing

### PLANTPOWER

Cauliflower and cheese crispy medallion  
with tomato rice

Primary Mensa Nudelstation mit  
verschiedenen Soßen

Nudelstation: A/C/G/02/03/08 A / C / G / 03

### COLORFUL DIVERSITY

Gyro plate of chicken breast with long  
grain rice, salad and yoghurt sauce

G / 03

### PURE FREEDOM "Allergenes"

Hearty sauerkraut stew with potatoes

I / 03

### DESSERT

Fresh fruit

## Tuesday, 24.09.2024

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

A/C/H/I/J  
in Toppings und Dressing

### PLANTPOWER

Swabian ravioli with mushroom filling,  
dark sauce, melted onions, potato salad

Primary Mensa Nudelstation mit  
verschiedenen Soßen

A / C / G / J / 02

### COLORFUL DIVERSITY

Swabian ravioli of beef in broth with  
melted onions

A / C / I

### PURE FREEDOM "Allergenes"

Sweet and sour chicken breast with  
basmati rice

F / I / 02 / 03

### DESSERT

Peach crumble

A / 01

## Wednesday, 25.09.2024

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

A/C/H/I/J  
in Toppings und Dressing

### PLANTPOWER

Baked potato with herb quark (lactose-  
free)

Primary Mensa Nudelstation mit  
verschiedenen Soßen

Nudelstation: A/C/G/02/03/08 03

### COLORFUL DIVERSITY

Chicken breast teriyaki with broccoli and  
basmati rice

F / K / 01 / 02

### PURE FREEDOM "Allergenes"

Potato rösti with apple sauce

3

### DESSERT

Pancakes with blueberry compote

A / C / G / 03 / 08

## Thursday, 26.09.2024

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

A/C/H/I/J  
in Toppings und Dressing

### PLANTPOWER

Red lentil lasagna

Primary Mensa Nudelstation mit  
verschiedenen Soßen

A / G / 03

### COLORFUL DIVERSITY

Lasagne Bolognese (beef)

A / G / 03

### PURE FREEDOM "Allergenes"

Lasagne Bolognese (beef) - lactose and  
gluten free

C / F / 01 / 03

### DESSERT

Fruit salad

-

## Friday, 27.09.2024

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

A/C/H/I/J  
in Toppings und Dressing

### PLANTPOWER

Organic egg omelette with leek  
vegetables in a frame and boiled potato

Primary Mensa Nudelstation mit  
verschiedenen Soßen

Nudelstation: A/C/G/02/03/02 C / G / 01

### COLORFUL DIVERSITY

Zurich chicken strips and dumplings

A / G / C / J

### PURE FREEDOM "Allergenes"

Herb pollock fillet with lemon sauce,  
carrot vegetables and dill potato

D / 01

### DESSERT

Semolina pudding

A / 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	