



Primary & Secondary

Monday, 30.09.2024

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

PLANTPOWER

Cauliflower nuggets and steakhouse fries

Primary Mensa pasta station with various sauces

Pasta station: A/C/G/02/03/08 A / C / G / 01 / 02

COLORFUL DIVERSITY

Chicken nuggets with steakhouse fries

A / I

PURE FREEDOM "Allergenes"

Chicken nuggets (gluten-free) with steakhouse fries

C / F

DESSERT

Fruit

Tuesday, 01.10.2024

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

PLANTPOWER

Baked feta cheese with olives, onions, peppers and baguette

Primary Mensa pasta station with various sauces

Pasta station: A/C/G/02/03/08 A / G / 06

COLORFUL DIVERSITY

Pastitio - Cypriot pasta casserole with minced beef

A / C / G / 03

PURE FREEDOM "Allergenes"

Farmer's pot with minced meat

03

DESSERT

Chocolate pudding

G

Wednesday, 02.10.2024

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

PLANTPOWER

Pizza with pumpkin and apple

Primary Mensa pasta station with various sauces

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

COLORFUL DIVERSITY

Pizza with turkey salami, peppers and mozzarella

A / G / 02 / 03

PURE FREEDOM "Allergenes"

Gluten-free vegetarian pizza - vegan

01

DESSERT

Orange-straciatella cream

G

Thursday, 03.10.2024

HOLIDAY

Friday, 04.10.2024

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

PLANTPOWER

Pretzels with Obazda and chive sour cream

Primary Mensa pasta station with various sauces

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

COLORFUL DIVERSITY

Kaiserschmarrn with roasted plums

A / C / G

PURE FREEDOM "Allergenes"

Poultry sausage with sauerkraut and mashed potatoes (lactose-free)

L / 01 / 03 / 11

DESSERT

Rice pudding with cinnamon and sugar

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, 07.10.2024	Tuesday, 08.10.2024	Wednesday, 09.10.2024	Thursday, 10.10.2024	Friday, 11.10.2024
<p>SALAD Salad bar, raw vegetables, toppings, dressing A/C/H/I/J in Toppings und Dressing</p> <p>PLANTPOWER Spaghetti with ricotta and tomato sauce or basil pesto</p> <p>Primary Mensa pasta station with various sauces </p> <p style="text-align: right;">Nudelstation: A/C/G/02/03/08 A / G / 03</p> <p>COLORFUL DIVERSITY Lentils with spaetzle and poultry wiener</p> <p style="text-align: right;">A / C / I / J / 01 / 02 / 03 / 04 / 07</p> <p>PURE FREEDOM "Allergenes" Pumpkin and potato stew with chicken wiener</p> <p style="text-align: right;">F / I / 02 / 03 / 04 / 07</p> <p>DESSERT Fresh fruit</p>	<p>SALAD Salad bar, raw vegetables, toppings, dressing A/C/H/I/J in Toppings und Dressing</p> <p>PLANTPOWER Yeast dumplings with plum jam, vanilla sauce and poppy seed sugar</p> <p style="text-align: right;">A / G / 01</p> <p>COLORFUL DIVERSITY Tortellini with spicy beef filling with tomato sauce or basil pesto</p> <p style="text-align: right;">A / 03</p> <p>PURE FREEDOM "Allergenes" Grilled turkey steak in herb marinade, paprika ragout and Mediterranean potatoes</p> <p style="text-align: right;">L / 01 / 03</p> <p>DESSERT Chocolate pudding</p> <p style="text-align: right;">G</p>	<p>SALAD Salad bar, raw vegetables, toppings, dressing A/C/H/I/J in Toppings und Dressing</p> <p>PLANTPOWER Pumpkin gnocchi with cream cheese and spinach creme and tomatoes</p> <p>Primary Mensa pasta station with various sauces </p> <p style="text-align: right;">Nudelstation: A/C/G/02/03/08 A / G</p> <p>COLORFUL DIVERSITY Beef hash with sauerkraut and spaetzle</p> <p style="text-align: right;">A / C / J / 01 / 03</p> <p>PURE FREEDOM "Allergenes" Beef hash with mushrooms and boiled potatoes</p> <p style="text-align: right;">J / 01 / 03</p> <p>DESSERT Apple crumble</p> <p style="text-align: right;">A / 01 / 03</p>	<p>SALAD Salad bar, raw vegetables, toppings, dressing A/C/H/I/J in Toppings und Dressing</p> <p>PLANTPOWER Falafel burger with brioche bun, burger sauce and wedges</p> <p style="text-align: right;">A / C / J / 01 / 03 / 11</p> <p>COLORFUL DIVERSITY Chicken cheeseburger with brioche bun, burger sauce and wedges</p> <p style="text-align: right;">A / C / G / J / 03 / 11</p> <p>PURE FREEDOM "Allergenes" Hamburger with gluten-free panini, burger sauce and wedges</p> <p style="text-align: right;">C / F / J / 01 / 03 / 11</p> <p>DESSERT Fruit salad</p> <p style="text-align: right;">03</p>	<p>SALAD Salad bar, raw vegetables, toppings, dressing A/C/H/I/J in Toppings und Dressing</p> <p>PLANTPOWER Fusilli with pumpkin sauce and seeds</p> <p>Primary Mensa pasta station with various sauces </p> <p style="text-align: right;">Nudelstation: A/C/G/02/03/0 A / G / 03</p> <p>COLORFUL DIVERSITY Grilled turkey steak with broccoli-pepper vegetables and tomato Kritharaki pasta</p> <p style="text-align: right;">A / 01 / 03</p> <p>PURE FREEDOM "Allergenes" Chickpea curry with vegetables and long grain rice</p> <p style="text-align: right;">03</p> <p>DESSERT Vanilla pudding</p> <p style="text-align: right;">G / 01</p>

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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, 14.10.2024

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



PLANTPOWER

Organic egg omelette with creamed
savoy cabbage and boiled potatoes

Primary Mensa pasta station with various
sauces



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

COLORFUL DIVERSITY

Chicken schnitzel with mashed potatoes
and dark gravy

A / G / I / J

PURE FREEDOM "Allergenes"

Herb pollock fillet with lemon sauce,
colorful carrot vegetables and dill
potatoes

D / 01

DESSERT

Fresh fruit

Tuesday, 15.10.2024

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

PLANTPOWER

Vegetarian currywurst with curry sauce
and steakhouse fries



F / 01 / 02 / 03

COLORFUL DIVERSITY

Beef sausage with curry sauce and
steakhouse fries

F / 02 / 03 / 07

PURE FREEDOM "Allergenes"

Chicken bockwurst with curry sauce and
steakhouse fries

F / 02 / 03 / 07

DESSERT

Banana and stracciatella quark

G

Wednesday, 16.10.2024

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

PLANTPOWER

Vegetarian lasagna with sunflower
mince

Primary Mensa pasta station with various
sauces



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

COLORFUL DIVERSITY

Poultry lasagne Bolognese

A / G / 03

PURE FREEDOM "Allergenes"

Pumpkin lasagne - gluten- and lactose-
free

C / F / I / 01 / 03

DESSERT

Berry jelly with vanilla sauce

G / 01

Thursday, 17.10.2024

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

PLANTPOWER

Potato gratin with broccoli and paprika
vegetables

G / 01

COLORFUL DIVERSITY

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

G / 03

PURE FREEDOM "Allergenes"

Vegetable pan with sweet potatoes

03

DESSERT

Fruit salad

03

Friday, 18.10.2024

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

PLANTPOWER

Black salsify a la crème with parsley
potatoes

Primary Mensa pasta station with various
sauces



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

COLORFUL DIVERSITY

Baked pasta bake with broccoli and
turkey ham

A / G / 02 / 03 / 07

PURE FREEDOM "Allergenes"

Grilled chicken breast with peperonata
vegetables and basmati rice

L / 01 / 03

DESSERT

Peach crumble

A / 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, 21.10.2024

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

PLANTPOWER

Tortellini with creamy ricotta and
spinach filling and tomato sauce

Primary Mensa Nudelstation mit
verschiedenen Soßen

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

COLORFUL DIVERSITY

Grilled chicken breast with paprika-
tomato sauce and herb potato

L / 01 / 03

PURE FREEDOM "Allergenes"

Mashed potato casserole with minced
beef (gluten- and lactose-free)

I / J / 03

DESSERT

Fresh fruit

Tuesday, 22.10.2024

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

PLANTPOWER

Cheese spaetzle with fried onions

COLORFUL DIVERSITY

Creamy leek and minced beef stew with
baguette

A / G / 01 / 03

PURE FREEDOM "Allergenes"

Fried rice with chicken breast, egg and
vegetables

F / 01

DESSERT

Mini chocolate muffin

G

Wednesday, 23.10.2024

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

PLANTPOWER

Gnocchi gorgonzola with spinach

Primary Mensa Nudelstation mit
verschiedenen Soßen

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

COLORFUL DIVERSITY

Chicken schnitzel with mushroom cream
sauce and spaetzle

A / C / G

PURE FREEDOM "Allergenes"

Grilled turkey steak with mushroom
cream sauce, broccoli and boiled
potatoes

F / 01

DESSERT

Peach and passion fruit yogurt

G

Thursday, 24.10.2024

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

PLANTPOWER

Red cabbage, potato dumplings and dark
sauce

COLORFUL DIVERSITY

Pollack nuggets, steakhouse fries and
tartar sauce

A / C / D / J / 01 / 11

PURE FREEDOM "Allergenes"

Spaghetti (also gluten-free), rocket and
parsley pesto (vegan)

A / 03

DESSERT

Fruit salad

03

Friday, 25.10.2024

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

PLANTPOWER

Cauliflower gratin "Mac and Cheese"

Primary Mensa Nudelstation mit
verschiedenen Soßen

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

COLORFUL DIVERSITY

Fruity chicken curry with basmati rice

G / 01

PURE FREEDOM "Allergenes"

Gnocchi with minced meat sauce

01 / 03

DESSERT

Vanilla pudding

G / 01

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