



# Primary & Secondary

## Monday, 03.03.2025

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

### PLANTPOWER

Oriental bulgur with mint yoghurt sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Bulgarian moussaka

C/G

### PURE FREEDOM "Allergenes"

Poultry sausage with potato salad

J/02/03/07

DESSERT

Fruit

## Tuesday, 04.03.2025

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

### PLANTPOWER

Kaiserschmarrn with apple sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Estonian herring salad (herring)

C/D/G/J/01/02/11

### PURE FREEDOM "Allergenes"

Farfalle (also gluten-free) with Bolognese sauce (beef)

A/03

DESSERT

Rice pudding with cinnamon and sugar

G

## Wednesday, 05.03.2025

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

### PLANTPOWER

Spinach and potato gratin with feta cheese

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Spaetzle pan with turkey ham

A/C/G/02/03/07

### PURE FREEDOM "Allergenes"

Rice stew with seafood

B/D/N/03

DESSERT

Coconut cake

A/C/03

## Thursday, 06.03.2025

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

### PLANTPOWER

Stuffed tortellini with cheese and cream sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Chili (beef) Mac and Cheese

A/C/G/J/01/03

### PURE FREEDOM "Allergenes"

Burrito with minced beef, corn, beans – gluten and lactose free

F/01/03

DESSERT

Fruit salad

03

## Friday, 07.03.2025

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

### PLANTPOWER

Spaghetti (also gluten -free) with Napoli sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Pizza with turkey salami and mozzarella

A/G/02/03

### PURE FREEDOM "Allergenes"

Pizza Mozzarella (Margheritha) – also gluten and lactose free

A/G

DESSERT

Vanilla pudding

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, 10.03.2025	Tuesday, 11.03.2025	Wednesday, 12.03.2025	Thursday, 13.03.2025	Friday, 14.03.2025
<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <small>in Toppings und Dressing</small></p> <p><b>PLANTPOWER</b> Spirelli with vegetarian bolognese</p> <hr/> <p>Primary Mensa pasta station with various sauces  <small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A/I/03</span></p> <p><b>COLORFUL DIVERSITY</b> Zurich veal cutlet with potato rösti</p> <p style="text-align: right;">G/J</p> <p><b>PURE FREEDOM "Allergenes"</b> Indian potato curry with basmati rice</p> <p style="text-align: right;">03</p> <p><b>DESSERT</b> Fresh fruit</p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <small>in Toppings und Dressing</small></p> <p><b>PLANTPOWER</b> Potato gnocchi with ratatouille sauce</p> <hr/> <p><b>COLORFUL DIVERSITY</b> Cevapcici with Balkan rice with ajvardip</p> <p style="text-align: right;">03</p> <p><b>PURE FREEDOM "Allergenes"</b> Swabian beef hash and spaetzle</p> <p style="text-align: right;">A/C/J/01/03</p> <p><b>DESSERT</b> Apple crumble</p> <p style="text-align: right;">A/01/03</p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <small>in Toppings und Dressing</small></p> <p><b>PLANTPOWER</b> Asian fried noodles with vegetables</p> <hr/> <p>Primary Mensa pasta station with various sauces  <small>Nudelstation: A/C/G/02/03/08</small> <span style="float: right;">A/C/F/K/02/03/12</span></p> <p><b>COLORFUL DIVERSITY</b> Chicken schnitzel with potato salad and lemon</p> <p style="text-align: right;">A/J/02</p> <p><b>PURE FREEDOM "Allergenes"</b> Vegetable gyros with Balkan rice</p> <p style="text-align: right;">03</p> <p><b>DESSERT</b> Jelly</p> <p style="text-align: right;">01</p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <small>in Toppings und Dressing</small></p> <p><b>PLANTPOWER</b> Baked pasta bake with broccoli</p> <hr/> <p><b>COLORFUL DIVERSITY</b> Fruity beef curry with long grain rice</p> <p style="text-align: right;">G/01</p> <p><b>PURE FREEDOM "Allergenes"</b> Pollock fillet with herbs and lemon with carrot and broccoli vegetables and boiled potatoes</p> <p style="text-align: right;">D/01</p> <p><b>DESSERT</b> Fruit salad</p> <p style="text-align: right;">03</p>	<p><b>SALAD</b> Salad bar, raw vegetables, toppings, dressing <span style="float: right;">A/C/H/I/J</span> <small>in Toppings und Dressing</small></p> <p><b>PLANTPOWER</b> Penne (also gluten-free) with tomato and bell pepper sauce</p> <hr/> <p>Primary Mensa pasta station with various sauces  <small>Nudelstation: A/C/G/02/03/0</small> <span style="float: right;">A/L/01/03</span></p> <p><b>COLORFUL DIVERSITY</b> Cheeseburger with brioche bun, burger sauce and steakhouse fries</p> <p style="text-align: right;">A/C/G/J/01/03/11</p> <p><b>PURE FREEDOM "Allergenes"</b> Chicken burger with gluten-free panini, burger sauce and steakhouse fries</p> <p style="text-align: right;">C/F/01/03/11</p> <p><b>DESSERT</b> Semolina pudding</p> <p style="text-align: right;">A/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, 17.03.2025

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

### PLANTPOWER

Spaghetti (also gluten-free) carbonara  
Primary Mensa pasta station with various sauces

Pasta station: A/C/G/02/03/ A/C/G/02/03/07

### COLORFUL DIVERSITY

Grilled breast of chicken with cream sauce and spaetzle

A/C/G/01

### PURE FREEDOM "Allergenes"

Irish stew of beef with potatoes

03

### DESSERT

Fresh fruit

## Tuesday, 18.03.2025

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

### PLANTPOWER

Germ dumplings with plum jam with vanilla sauce and poppy seed sugar

A/G/01

### COLORFUL DIVERSITY

Thai poultry curry with wok vegetables and basmati rice

F/I/02/03

### PURE FREEDOM "Allergenes"

Hungarian beef goulash with roasted potatoes

03

### DESSERT

Stracciatellapudding

G/01

## Wednesday, 19.03.2025

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

### PLANTPOWER

Fusili (also gluten-free) with Napoli sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Pizza with turkey ham and mozzarella

A/G/02/03/07

### PURE FREEDOM "Allergenes"

Pizza Mozzarella (Margeritha) - also gluten-free and lactose-free

A/G

### DESSERT

Bananabread

A/C/03

## Thursday, 20.03.2025

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

### PLANTPOWER

Potato pancakes with applesauce

03

### COLORFUL DIVERSITY

Tortellini with spicy beef filling with bolognese sauce

A/03

### PURE FREEDOM "Allergenes"

Chickpea curry with vegetables and basmati rice

03

### DESSERT

Fruit salad

03

## Friday, 21.03.2025

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

### PLANTPOWER

Oriental couscous with mint yogurt sauce

Primary Mensa pasta station with various sauces

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

### COLORFUL DIVERSITY

Hot dogs (poultry) with steakhouse fries

A/C/I/01/02/03/04/07/11

### PURE FREEDOM "Allergenes"

Hot dogs (poultry) in gluten-free lye panino

A/C/F/I/01/02/03/04/07/11

### DESSERT

Blueberry joghurt

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, 24.03.2025

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

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

### PLANTPOWER

Red lentil curry with chickpeas and  
basmati rice

Primary Mensa Nudelstation mit  
verschiedenen Soßen

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

03

### COLORFUL DIVERSITY

Chicken gryos with tzaziki and baked  
potatoes

G/03

### PURE FREEDOM "Allergenes"

Baked pollock - gluten and lactose free -  
with remoulade and dill potatoes

C/D/J/01/11

### DESSERT

Fresh fruit

## Tuesday, 25.03.2025

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

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

### PLANTPOWER

Cheese spaetzle with fried onions

### COLORFUL DIVERSITY

Chili con carne with bread rolls

A/03

### PURE FREEDOM "Allergenes"

Corn on the cob with boiled potatoes  
and quark dip (lactose-free)

01

### DESSERT

Berry jelly with vanilla sauce

G/01

## Wednesday, 26.03.2025

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

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

### PLANTPOWER

Mediterranean vegetable lasagna with  
mozzarella

Primary Mensa Nudelstation mit  
verschiedenen Soßen

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

A/G/03

### COLORFUL DIVERSITY

Lasagne bolognese (beef)

A/G/03

### PURE FREEDOM "Allergenes"

Pointed cabbage and sweet potato curry  
with red lentils and coconut milk (vegan)  
with basmati rice

03

### DESSERT

Jelly pudding

01

## Thursday, 27.03.2025

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

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

### PLANTPOWER

Green sauce with boiled organic eggs  
and boiled potatoes

### COLORFUL DIVERSITY

Poultry meatloaf with potato salad, egg  
and cucumber

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

### PURE FREEDOM "Allergenes"

Beef goulash with boiled potatoes

I/01/03

### DESSERT

Fruit salad

03

## Friday, 28.03.2025

SALAD  
Salad bar, raw vegetables, toppings,  
dressing

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

### PLANTPOWER

Oriental couscous with mint yogurt  
sauce

Primary Mensa Nudelstation mit  
verschiedenen Soßen

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

A/C/G/02

### COLORFUL DIVERSITY

Chicken nuggets with steakhouse fries

A/I

### PURE FREEDOM "Allergenes"

Pollack nuggets with steakhouse fries  
and remoulade

A/C/D/J/01/11

### DESSERT

Peach-passion fruit yogurt

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	