

## Montag

### Vorspeise

Rice and white bean bowl with tomato and lemon dressing and sun-dried tomatoes (6,7,21a,32)  
3,95 € | 4,35 € | 4,75 €

### Salat

Salad plate special with marinated soy strips and roasted sesame seeds (28,31)  
3,95 € | 4,35 € | 4,75 €

Small salad bowl (13,27,29)  
0,75 € | 1,50 € | 1,75 €

### Suppe

Herb cream soup (27,28)  
0,75 € | 1,50 € | 1,75 €

### Aktion

Pasta with cereal bolognese and fresh basil (21a,21b,21e,27)  
2,95 € | 3,25 € | 3,55 €

Flammkuchen with tofu (8,21a,28,36)  
5,95 € | 6,55 € | 7,15 €

## Dienstag

Lentil rice bowl with curry mango dressing and black sesame seeds (6,31,29)  
3,95 € | 4,35 € | 4,75 €

Salad plate special with soft cheese and sunflower seeds (8,10,30)  
4,95 € | 5,45 € | 5,95 €

Small salad bowl (13,27,29)  
0,75 € | 1,50 € | 1,75 €

broccoli soup (,28)  
0,75 € | 1,50 € | 1,75 €

Homemade tomatoes pasta with spinach sauce and roasted walnuts (21a,26c,28)  
2,95 € | 3,25 € | 3,55 €

Pizza with turkey salami (6,7,8,21a,30,35,36)  
5,95 € | 6,55 € | 7,15 €

## Mittwoch

Quinoa red bean bowl with tomato lemon dressing  
3,95 € | 4,35 € | 4,75 €

Special salad plate with marinated mushrooms and roasted pumpkin seeds (28)  
3,95 € | 4,35 € | 4,75 €

Small salad bowl (13,27,29)  
0,75 € | 1,50 € | 1,75 €

Cauliflower cream soup (28)  
0,75 € | 1,50 € | 1,75 €

Pasta Tomato sauce with basil (21a)  
2,95 € | 3,25 € | 3,55 €

Waffle (21a,23,30)  
2,45 € | 2,70 € | 2,95 €

## Donnerstag

Potato salad with green beans, mustard-honey vinaigrette, and chives (,27,29)  
1,75 € | 1,95 € | 2,10 €

Salad plate special with grated cheese and cherry tomatoes (30)  
4,95 € | 5,45 € | 5,95 €

Small salad bowl (13,27,29)  
0,75 € | 1,50 € | 1,75 €

Vegetable soup (27,28,29)  
0,75 € | 1,50 € | 1,75 €

Pasta with cheese sauce (21a,27,30)  
2,95 € | 3,25 € | 3,55 €

## Freitag

Red lentil rice bowl with peanut dressing and toasted coconut (6,25)  
3,95 € | 4,35 € | 4,75 €

Special salad plate with mozzarella and sun-dried tomatoes (6,7,30,32)  
4,95 € | 5,45 € | 5,95 €

Small salad bowl (13,27,29)  
0,75 € | 1,50 € | 1,75 €

bean soup (,27)  
0,75 € | 1,50 € | 1,75 €

Waffle (21a,21b,21e,23,27,30,29)  
2,95 € | 3,25 € | 3,55 €

Pasta bake with vegetables and cheese on top (21a,27)  
2,95 € | 3,25 € | 3,55 €



## Montag

### Essen

- 6 Lentil Millet Balls with wild mushroom sauce and herb (21a,21d,28)  
2,15 € | 4,30 € | 4,95 €
- Bahji Onion fried patty Soy curry sauce (7,27,28,29)  
2,45 € | 4,90 € | 5,65 €
- Green spelt and white bean stir-fry with zucchini, mushrooms, and fresh chives (21e,28)  
2,75 € | 5,50 € | 6,35 €
- Green Bean-bell paprika with Rice (27)  
1,75 € | 3,50 € | 4,05 €
- Vanilla corn semolina porridge with rhubarb sauce (28)  
1,75 € | 3,50 € | 4,05 €

## Dienstag

- Sliced beef in zucchini-tomatoes sauce  
4,25 € | 8,50 € | 9,80 €
- Zucchini with vegetable and rice filling Tomato-caper sauce (7,14,21a,23,27,28,36)  
4,25 € | 8,50 € | 9,80 €
- Beefsteak with provencal sauc (30)  
2,85 € | 5,70 € | 6,55 €
- Korean lentil curry with vegetable and coconut milk (7,27)  
1,75 € | 3,50 € | 4,05 €
- Yeast dumpling filled with plum jam, poppy seed sugar and Vanilla sauce (21a,28,36,37)  
1,75 € | 3,50 € | 4,05 €

## Mittwoch

- Szeged-style soy goulash (27,28)  
1,55 € | 3,10 € | 3,55 €
- Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (21a,36,29)  
2,15 € | 4,30 € | 4,95 €
- Moroccan-style barley with figs, fresh mint and pistachios (21c,26g,31,29)  
2,75 € | 5,50 € | 6,35 €
- Vegan rice stir-fry paella (27,29)  
1,75 € | 3,50 € | 4,05 €
- Polenta with fresh tomatoised vegetable (7,8,27,28,32)  
1,75 € | 3,50 € | 4,05 €

## Donnerstag

- Asian vegetable pan with turkey (28,31,29)  
3,65 € | 7,30 € | 8,40 €
- Two spelt patties with herb jus (21a,21e,23,27,28,36)  
2,45 € | 4,90 € | 5,65 €
- Potato pan with spinach, mushrooms, carrots and sesame (27,31)  
2,75 € | 5,50 € | 6,35 €
- Potato goulash with bell peppers and fresh flat-leaf parsley (27,28)  
1,75 € | 3,50 € | 4,05 €
- Creamy rice pudding with cinnamon, sugar and Blackberry sauce (30)  
1,75 € | 3,50 € | 4,05 €
- yeast dumpling with plum jam filling, poppy seed sugar Blackberry sauce (21a,36,37)  
1,75 € | 3,50 € | 4,05 €

## Freitag

- pasta Tomato sauce with bell peppers (23,30)  
2,65 € | 5,30 € | 6,10 €
- Baked pollock fillet in rice breeding Soy sauce with Chinese vegetables (6,24,27,28,31)  
3,25 € | 6,50 € | 7,50 €
- Herbal scrambled eggs (21b,27,28)  
3,55 € | 7,10 € | 8,15 €

## Montag

### Beilage

- Cauliflower  
0,85 € | 1,70 € | 1,95 €
- Peas and corn  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice  
0,75 € | 1,50 € | 1,75 €

## Dienstag

- Turnip cabbage  
0,85 € | 1,70 € | 1,95 €
- Zucchini tomato vegetable  
0,85 € | 1,70 € | 1,95 €
- Parsley potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice with herbs  
0,75 € | 1,50 € | 1,75 €

## Mittwoch

- Balkan style vegetables (27)  
0,85 € | 1,70 € | 1,95 €
- Green beans and onions  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice  
0,75 € | 1,50 € | 1,75 €

## Donnerstag

- Carrots with ginger  
0,85 € | 1,70 € | 1,95 €
- Brussels sprouts  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice  
0,75 € | 1,50 € | 1,75 €

## Freitag

- Rice (28)  
0,85 € | 1,70 € | 1,95 €
- Leaf spinach in soy cream  
0,85 € | 1,70 € | 1,95 €
- Rye and vegetable pan with marinated tofu and sunflower seeds  
0,75 € | 1,50 € | 1,75 €

### Dessert

- Vegan yogurt with raspberries  
0,75 € | 1,50 € | 1,75 €
- Poppy seed yogurt with tangerines (30,37)  
0,75 € | 1,50 € | 1,75 €
- Curd with muesli (7,21a,21c,21d,26a,26b,30)  
0,75 € | 1,50 € | 1,75 €
- chocolate pudding (28)  
0,75 € | 1,50 € | 1,75 €

- Vegan yogurt with cheery  
0,75 € | 1,50 € | 1,75 €
- Mango yoghurt (30)  
0,75 € | 1,50 € | 1,75 €
- Pistachio Quark (26g,30)  
0,75 € | 1,50 € | 1,75 €
- hazelnut pudding (9,26b,28)  
0,75 € | 1,50 € | 1,75 €

- Blueberry curd with sunflower seeds (30)  
0,75 € | 1,50 € | 1,75 €
- Yoghurt with honey and sesame seed  
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with mandarins and coconut (30,31)  
0,75 € | 1,50 € | 1,75 €
- Banana pudding (28)  
0,75 € | 1,50 € | 1,75 €

- Vegan yogurt with soy (30)  
0,75 € | 1,50 € | 1,75 €
- Yoghurt with chocolate (26c)  
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with peach and walnuts (30)  
0,75 € | 1,50 € | 1,75 €
- Strawberry curd (28)  
0,75 € | 1,50 € | 1,75 €
- Pistachios pudding (26g,28)  
0,75 € | 1,50 € | 1,75 €

- Leipzig style vegetables  
0,75 € | 1,50 € | 1,75 €
- Raspberry coconut curd (30)  
0,75 € | 1,50 € | 1,75 €
- Vegan yoghurt with wild berries (21d,26a,30)  
0,75 € | 1,50 € | 1,75 €
- Pear and oat yogurt (28)

## Labelling

Stand: 27.06.2022

### Additives

- 3 contains alcohol
- 4 flavour enhancer
- 5 waxed
- 6 contains preservative
- 7 contains antioxidant
- 8 contains artificial colours
- 9 contains phosphate
- 10 blackened
- 12 contains a source of phenylalanine
- 13 contains artificial sweeteners
- 19 sulphuretted
- 20 laxative effect

### Other

- 2 contains pork or gelatine derived from pork
- 14 contains finely ground meat
- 16 contains caffeine
- 17 contains quinine
- 35 nitrite curing salt
- 36 contains yeast
- 37 blue poppy seeds

### Allergene

- 21 contains gluten from grain
  - 21a wheat
  - 21b rye
  - 21c barley
  - 21d oat
  - 21e spelt
  - 21f kamut
- 22 crustaceans
- 23 contains eggs
- 24 fish
- 25 peanuts
- 26 shell fruits
  - 26a Mandeln
  - 26b Haselnuss
  - 26c Walnuss
  - 26d Kaschnuss
  - 26e Pecannuss
  - 26f Parannuss
  - 26g Pistazie
  - 26h Macadamia
- 27 contains celery
- 28 contains soy protein
- 29 mustard
- 30 milk and dairy products, including lactose
- 31 sesame seed
- 32 sulphur oxide & sulfide at concentration of > 10mg/kg or 10mg/l
- 33 lupine
- 34 molluscs



Rarely – best combined with dishes with a green traffic light. These dishes have a very low nutrient density. High-fat dairy products and meat, as well as breaded dishes, are often part of these dishes. Deep-fried foods also fall into this category.



A good choice – every now and then. These dishes have a medium nutrient density. The dishes contain moderate amounts of sugar and fat. Especially dairy products and carbohydrate-rich ingredients are found in these meals.



The best choice – the more often the better. These meals have good nutritional quality because they have a high nutrient and low energy density. The proportion of fats is low. A health-promoting cooking method is used.



This dish **significantly improves** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is less than half the average CO<sub>2</sub> value of all the dishes considered.



This dish **slightly improves** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is below the average CO<sub>2</sub> value of all the dishes considered.



This **worsens** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is above the average CO<sub>2</sub> value of all the dishes considered.



The water consumption is below the average comparative value of all the dishes considered.



The water consumption for this dish is twice as high as the average comparative value for all the dishes considered.



The water consumption for this dish is more than twice the average comparative value for all the dishes considered.



Sustainable fishing: Attention is paid to stock-friendly fishing and sustainable fishing methods.



Sustainable agriculture: These dishes are made from food-stuffs that ensure the regional origin of the meat, for example. The husbandry of the animals complies with the Animal Welfare Act and is appropriate to the species. Genetically modified animal feed is prohibited and the animal feed must consist of sustainably produced animal feed. Growth accelerators, performance-enhancing drugs and antibiotics are also prohibited. For the plant products used, no synthetic pesticides or easily soluble mineral fertilizers may be used. Ionising radiation for preservation purposes is not used, nor is genetic engineering.



Fairtrade: with fair trade ingredients



Vegetarian: Dishes are prepared without fish and meat ingredients. Dairy products and egg may be included.



Vegan: Dishes are prepared exclusively from vegan ingredients. No animal raw materials are included.



Climate meal: The climate meal is made up of fresh, entirely plant-based and sustainable products. In addition, even more attention is paid to seasonality. Prefabricated products, rice and French fries are not used. No frozen products, dried products or canned goods are used either. Cereal products such as spelt, buckwheat, bulgur, millet and amaranth or other protein foods such as nuts, vegetables and vegetable oils are essential components of the climate meal.

We use iodised table salt in the production of our dishes.

With EU Regulation No. 1169/2011, from 13 December 2014, foods and ingredients that trigger allergies and intolerances must be labelled in addition to authorised additives. Allergens will be listed if the designated substances, or products made from these substances, are included as an ingredient in the end product.

Despite careful production of our dishes, traces of other substances used in the production process in the kitchen, or already contained as traces in the delivered food, may be present in addition to the labelled ingredients.