

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	  greek salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €   Curd cheese with herb and linseed oil (30) 1,95 € 2,15 € 2,35 €	  greek salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €   Curd cheese with herb and linseed oil (30) 1,95 € 2,15 € 2,35 €	  greek salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €   Curd cheese with herb and linseed oil (30) 1,95 € 2,15 € 2,35 €	  greek salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €   Curd cheese with herb and linseed oil (30) 1,95 € 2,15 € 2,35 €	  greek salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €   Curd cheese with herb and linseed oil (30) 1,95 € 2,15 € 2,35 €
Salat	  Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €   Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	  Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €   Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	  Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €   Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	  Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €   Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	  Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €   Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €
Dressing	  American dressing (28,29)   herb dressing (28,29)   French dressing (28)	  American dressing (28,29)   herb dressing (28,29)   French dressing (28)	  American dressing (28,29)   herb dressing (28,29)   French dressing (28)	  herb dressing (28,29)   American dressing (28,29)   French dressing (28)	  herb dressing (28,29)   American dressing (28)   French dressing (28,29)
Aktion	  Pasta with tomato sauce, sun-dried tomatoes, olives and basil (6,7,8,10,21a,27,32) 2,95 € 3,25 € 3,55 €	 Penne Tomato sauce with basil (8,10,21a,27) 2,95 € 3,25 € 3,55 €	  Penne with paprika sauce, tofu, and tomatoes (21a,28) 2,95 € 3,25 € 3,55 €	 Penne with vegetable tomato sauce (21a,27,28) 2,95 € 3,25 € 3,55 €	  Penne with cereal bolognese and basil (21a,21b,21e,27) 2,95 € 3,25 € 3,55 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Essen	  Broccoli nut patty with curry dip (6,27,28,30,31) 2,15 € 4,30 € 4,95 €     5 vegetable rice balls Soy sauce with Chinese vegetables (8, 21a,21d,26a,26b,27,36,29) 2,45 € 4,90 € 5,65 €     Two baked potato pockets with cream cheese filling Soy sauce with Chinese vegetables (6,27,28,31) 1,55 € 3,10 € 3,55 €   Vegetable and rice stir-fry with turmeric (28,29) 1,75 € 3,50 € 4,05 €     soy milk rice with sugar, cinnamon Plum sauce (28) 1,75 € 3,50 € 4,05 €     1/2 soy milk rice with sugar, cinnamon Plum sauce (28) 1,10 € 2,20 € 2,55 €	  Bell pepper stuffed with mediterranean vegetables tomato sauce (8,21a, 21d,26a,26b,27,36,29) 2,45 € 4,90 € 5,65 €     Broccoli nut patty with curry dip (21a,27,29) 2,45 € 4,90 € 5,65 €   5 vegetable rice balls Soy sauce with Chinese vegetables (6,27,28,31) 1,55 € 3,10 € 3,55 €     Potato Curry Soup with Coconut and Ginger, (27,28,29) 1,75 € 3,50 € 4,05 €   Four egg pancakes With vanilla sauce (21a,23,30) 1,75 € 3,50 € 4,05 €     Four egg pancakes with plum sauce (21a,28,36,37) 1,75 € 3,50 € 4,05 €   Yeast dumpling filled with plum jam, poppy seed sugar and Vanilla sauce (21a,23,28,30) 1,75 € 3,50 € 4,05 €	  Fruit curry with soy cubes, turmeric, and ginger (21a,29) 1,95 € 3,90 € 4,50 €     6 pieces wheat protein balls Spicy-Chili-Dip (27,28,29) 1,55 € 3,10 € 3,55 €   Bell pepper stuffed with mediterranean vegetables tomato sauce (8,10, 21a,27,29) 2,45 € 4,90 € 5,65 €     Eggplant and rice casserole (21a,23,30) 1,75 € 3,50 € 4,05 €   Four egg pancakes with apple sauce 1,75 € 3,50 € 4,05 €	  Fruit curry with soy cubes, turmeric, and ginger (27,28,29) 1,55 € 3,10 € 3,55 €   Tow falafel bagel with curry dip (21a,36,29) 1,95 € 3,90 € 4,50 €     Spicy lentil stew (7,27,29) 1,75 € 3,50 € 4,05 €     1/2 Vanilla polenta pudding with sugar and cinnamon Red fruit jelly (30) 1,10 € 2,20 € 2,55 €   Eggplant and rice casserole 1,75 € 3,50 € 4,05 €     Vanilla polenta pudding with sugar and cinnamon Red fruit jelly (30) 1,75 € 3,50 € 4,05 €	    Brew Bites in Tomato-Bell Pepper Sauce (21c) 2,15 € 4,30 € 4,95 €   6 pieces wheat protein balls Spicy-Chili-Dip (21a,29) 1,95 € 3,90 € 4,50 €     Bell Pepper and Vegetable Stew with Flat-Leaf Parsley (27) 1,75 € 3,50 € 4,05 €     Four egg pancakes with apple sauce (21a,23,30) 1,75 € 3,50 € 4,05 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Corn with herbs 0,85 € 1,70 € 1,95 € Curried vegetables (28,31) 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Potatoes with rosemary 0,95 € 1,90 € 2,20 € Rice with bell pepper 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Turnip cabbage with soy cream (28) 0,85 € 1,70 € 1,95 € Peas and corn 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Potatoes with rosemary 0,95 € 1,90 € 2,20 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Romanesco 0,85 € 1,70 € 1,95 € Carrots and apples (7) 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Rice with pumpkin seeds 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Green beans and onions 0,85 € 1,70 € 1,95 € Colorful zucchini vegetables 0,85 € 1,70 € 1,95 € Parsley potatoes 0,85 € 1,70 € 1,95 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 € Mayonnaise (29) 0,15 € 0,20 € 0,25 € Tomato ketchup (7,29) 0,15 € 0,20 € 0,25 €	Vegetables mix 0,85 € 1,70 € 1,95 € Tuscan style silverbeet and tomatoes 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Homemade potato salad with mayonnaise (7,13,29) 0,95 € 1,90 € 2,20 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	   Vegan Hazelnut Brownie (21a,26b,28) 1,10 € 1,20 € 1,30 €    Chocolate pound cake with banana (21a,28) 1,40 € 1,60 € 1,75 €    fruit pie with crumble (21a,28) 0,90 € 1,00 € 1,10 €    Brownie vegan (21a,28) 1,25 € 1,40 € 1,50 €    blue berry muffin with hazelnuts (21a,26b) 1,40 € 1,60 € 1,75 €    Chocolate muffin (21a) 1,25 € 1,40 € 1,50 €   1 - Vanilla and co-conut yoghurt (30) 0,75 € 1,50 € 1,75 €    2 - Curd cheese with roasted nuts (7) 0,75 € 1,50 € 1,75 €    3 - Vegan yoghurt with apple and cinnamon (26a,26b,26c,30) 0,75 € 1,50 € 1,75 €    Sliced melon 1,50 € 1,65 € 1,80 €	   Chocolate pound cake with banana (21a) 1,25 € 1,40 € 1,50 €    Vegan Hazelnut Brownie (21a,28) 0,90 € 1,00 € 1,10 €    fruit pie with crumble (21a,26b,28) 1,10 € 1,20 € 1,30 €    Brownie vegan (21a,28) 1,25 € 1,40 € 1,50 €   2 -Blackberry curd (30) 0,75 € 1,50 € 1,75 €   3 - soy milk rice with sugar, cinnamon Plum sauce (28) 0,75 € 1,50 € 1,75 €    Sliced melon 1,50 € 1,65 € 1,80 €	   Brownie vegan (21a,28) 0,90 € 1,00 € 1,10 €    Chocolate pound cake with banana (21a,28) 1,25 € 1,40 € 1,50 €    fruit pie with crumble (21a,26b,28) 1,10 € 1,20 € 1,30 €    Vegan Hazelnut Brownie (21a) 1,25 € 1,40 € 1,50 €    1 - Stracciatella yogurt 0,75 € 1,50 € 1,75 €    02 - melon quark (28,30) 0,75 € 1,50 € 1,75 €    3 - Vegan yoghurt with blackberries and sunflower seeds (30) 0,75 € 1,50 € 1,75 €   4 - soy milk rice with sugar, cinnamon Plum sauce (28) 0,75 € 1,50 € 1,75 €    Sliced melon 1,50 € 1,65 € 1,80 €	   Vegan Hazelnut Brownie (21a,28) 1,25 € 1,40 € 1,50 €    Chocolate pound cake with banana (21a,26b,28) 1,10 € 1,20 € 1,30 €    Brownie vegan (21a) 1,25 € 1,40 € 1,50 €    fruit pie with crumble (21a,28) 0,90 € 1,00 € 1,10 €    2 - Rhubarb Quark 0,75 € 1,50 € 1,75 €   3 - Vegan yogurt with strawberries (30) 0,75 € 1,50 € 1,75 €    1 - Berry yoghurt (30) 0,75 € 1,50 € 1,75 €    Sliced melon 1,50 € 1,65 € 1,80 €	   fruit pie with crumble (21a) 1,25 € 1,40 € 1,50 €    Chocolate pound cake with banana (21a,28) 1,25 € 1,40 € 1,50 €    Brownie vegan (21a,28) 0,90 € 1,00 € 1,10 €    Vegan Hazelnut Brownie (21a,26b,28) 1,10 € 1,20 € 1,30 €    3 - Vegan yoghurt with blueberries and almonds (26a) 0,75 € 1,50 € 1,75 €    2 - Mango curd (30) 0,75 € 1,50 € 1,75 €    1 - Apple and cinnamon yoghurt (7,30) 0,75 € 1,50 € 1,75 €    Sliced melon 1,50 € 1,65 € 1,80 €

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 Kaschunuss
 - 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 CO₂ balance. The CO₂ value of this dish is less than half the average CO₂ value of all the dishes considered.



This dish **slightly improves** the CO₂ balance. The CO₂ value of this dish is below the average CO₂ value of all the dishes considered.



This **worsens** the CO₂ balance. The CO₂ value of this dish is above the average CO₂ 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.