studierenden WERK BERLIN

Speiseplan Mensa FU Lankwitz

vom 07.09. bis 11.09.2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Salat	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 €	Large salad bowl (13,27,29) 0,75 € | 1,50 € | 1,75 € Small 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 €	Small salad bowl (13,27,29) 1,95 € | 3,90 € | 4,50 € Large salad bowl (13,27,29) 0,75 € | 1,50 € | 1,75 €
Suppe	cream of vegetable soup (27,28) 0,75 € | 1,50 € | 1,75 €	cream of vegetable soup (27,28) 0,75 € | 1,50 € | 1,75 €	Carrot soup 0,75 € | 1,50 € | 1,75 €	broccoli soup (,28) 0,75 € | 1,50 € | 1,75 €	Brussels sprout cream soup (28) 0,75 € | 1,50 € | 1,75 €
Aktion	Margherita pizza with basil (8,21a,36) 4,95 € | 5,45 € | 5,95 €	Hamburger in a sesame seed bun with Pommes frittes (7,13,14, 21a,31,36,29) 6,95 € | 7,65 € | 8,35 €	Gnocchi with leaf spinach and walnuts (21a,26c) 4,95 € | 5,45 € | 5,95 €	curry sausage with fries and coleslaw (2, 7,9,14,27,29) 6,95 € | 7,65 € | 8,35 €	

Preislegende: Studierende | Beschäftigte | Gäste
labels see appendix

Speiseplan Mensa FU Lankwitz

vom 07.09. bis 11.09.2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Essen	4 kale hemp balls with curry sauce 2,45 € | 4,90 € | 5,65 € Baked celery medallion Sesamesauce (21a,27,28,31,36) 1,75 € | 3,50 € | 4,05 € Buckwheat and lentil pan with peanut sauce (6,25,31) 2,75 € | 5,50 € | 6,35 € Wholemeal pasta Whole-grain pasta with eggplant bell pepper sauce and parsley (21a) 1,75 € | 3,50 € | 4,05 €	Zucchinis with vegetable and rice filling Tomato-caper sauce (30) 2,95 € | 5,90 € | 6,80 € Beef goulash with bell peppers 4,05 € | 8,10 € | 9,30 € Glass noodles with vegetables, sweet and spicy Chinese cabbage and sesame seeds (31) 2,10 € | 4,20 € | 4,85 € Chickpea ragout with potatoes, cumin and coriander (28,31) 1,75 € | 3,50 € | 4,05 €	Breaded cutlet from wheat protein with pepper sauce (26a) 2,45 € | 4,90 € | 5,65 € Vegetable ragout with peas, turmeric, and ginger (21a,27,36) 2,45 € | 4,90 € | 5,65 € Vegan moussaka potato bake with soy mince (8,28) 1,75 € | 3,50 € | 4,05 €	One slice of roasted turkey breast with peanut plantain sauce (8,25) 3,45 € | 6,90 € | 7,95 € Beet buffer on chive sauce (21a,28) 2,45 € | 4,90 € | 5,65 € Glass noodles with vegetables, sweet and spicy Chinese cabbage and sesame seeds (31) 2,10 € | 4,20 € | 4,85 € Chickpea ragout with potatoes, cumin and coriander (28,31) 1,75 € | 3,50 € | 4,05 €	One slice of roasted turkey breast with peanut plantain sauce (8,25) 2,95 € | 5,90 € | 6,80 € Vegetable ragout with peas, turmeric, and ginger (21a,23,24,28,36,29) 3,45 € | 6,90 € | 7,95 € Baked haddock fillet with a grainy mustard sauce (26a) 1,95 € | 3,90 € | 4,50 € Pasta with vegetable and herb ragout (21a,27, 28,29) 1,75 € | 3,50 € | 4,05 € Vanilla semolina pudding Apple sauce (21a,30) 1,75 € | 3,50 € | 4,05 €

Preislegende: Studierende | Beschäftigte | Gäste
labels see appendix

Speiseplan Mensa FU Lankwitz

vom 07.09. bis 11.09.2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Balkan style vegetables 0,85 € | 1,70 € | 1,95 € Potatoes 0,85 € | 1,70 € | 1,95 € Yellow rice (29) 0,75 € | 1,50 € | 1,75 €	Carrots mix 0,85 € | 1,70 € | 1,95 € Potatoes 0,85 € | 1,70 € | 1,95 € Yellow rice (29) 0,75 € | 1,50 € | 1,75 €	Broccoli 0,85 € | 1,70 € | 1,95 € Baked potatoes 0,95 € | 1,90 € | 2,20 € Basmati rice 0,75 € | 1,50 € | 1,75 €	Brussels sprouts 0,85 € | 1,70 € | 1,95 € Potatoes 0,85 € | 1,70 € | 1,95 € Spaetzle (21a) 0,95 € | 1,90 € | 2,20 € Rice 0,75 € | 1,50 € | 1,75 €	Leaf spinach in soy cream (28) 0,85 € | 1,70 € | 1,95 € Potatoes 0,85 € | 1,70 € | 1,95 € Homemade potato salad vinegar / oil (13,29) 0,95 € | 1,90 € | 2,20 € Rice 0,75 € | 1,50 € | 1,75 €
Dessert	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 € Kaiserschmarrn (21a,23,26a,30) 0,75 € | 1,50 € | 1,75 €	Strawberry curd (30) 0,75 € | 1,50 € | 1,75 € Apple and cinnamon yoghurt (7,30) 0,75 € | 1,50 € | 1,75 € vanilla pudding (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 (30,31) 0,75 € | 1,50 € | 1,75 € chocolate pudding (28) 0,75 € | 1,50 € | 1,75 €	Wildberry yogurt (30) 0,75 € | 1,50 € | 1,75 € Curd with Plum with hazelnuts (26b,30) 0,75 € | 1,50 € | 1,75 € Almond pudding (26a,28) 0,75 € | 1,50 € | 1,75 €	Wildberry yogurt (30) 0,75 € | 1,50 € | 1,75 € Raspberry cream quark (30) 0,75 € | 1,50 € | 1,75 €

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labels see appendix

studierenden WERK BERLIN

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 Paranuss
	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_2 balance. The CO_2 value of this dish is less than half the average CO_2 value of all the dishes considered.

This dish **slightly improves** the CO_2 balance. The CO_2 value of this dish is below the average CO_2 value of all the dishes considered.

This **worsens** the CO_2 balance. The CO_2 value of this dish is above the average CO_2 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 foodstuffs 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.