# Menu

**October, 16 – 20, 2023**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>BBQ / Wok</td>
<td>Vegan wok with leek, carrots, white cabbage, tofu, peanuts, and sprouts in yellow curry sauce, served with Basmati rice (20,23,27)</td>
<td>Fresh mussels in white wine sauce with vegetables and dill, served with baguette or fries (11,12we,15,16)</td>
<td>Barbecue meat skewer (from pork of Swabian Hall) with pepper flavour, served with baked potato and sour cream (13,29)</td>
<td>Freshly breaded pollack with yoghurt-cucumber dip, potato salad (12we,13,15,17,18)</td>
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<td>Offer of the day</td>
<td>Herb sausage (from pork of Swabian Hall) with onion sauce and fries (29)</td>
<td>Escalope of pork (from rural production group) with fries, slice of citron (12we,17,20)</td>
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<tr>
<td>Vegetarian / Vegan</td>
<td>Fried Maultaschen with onions and herbs, served with tomato sauce and spinach (12we,17,21,26)</td>
<td>Vegan hotpot of lentils with roots, lovage, parsley, spaetzle (12we,18,21,27)</td>
<td>Chili sin carne with red beans, vegan minced beef, roots, coriander, com, side wholegrain roll Vegetarian: With sour cream (126a,12ry,12we,13,20,21,27)</td>
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<td>Lunch 1</td>
<td>Strips of chicken breast with mushrooms, fresh herbs, wholegrain rice and an Apple (12we,13,21,34)</td>
<td>Lentils with potatoes, lovage, parsley, spaetzle, and Wiener (2.5,12we,18,21,29)</td>
<td>Poultry meatball with gravy, rice with pepper and peas, Chocolate pudding (12we,13,17,18,22,34)</td>
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<td>Pizza / Pasta</td>
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The salad buffet, the soup buffet, and the desserts are again provided for you at any time. All dishes are also available in reusable packaging.

Guests pay a guest surcharge of 30%. Opening hours: Canteen 11:30 a.m. – 2 p.m.

The vending machine in the Canteen foyer can be used 24 hours/day.
List of Ingredients

1. With dyes
2. With preservatives
3. With antioxidant
4. With flavor enhancer
5. With phosphate
6. Surface waxed
7. Sulphurated
8. Blackened
9. With sweetener
10. Contains phenylalanine source
11. May contain residual alcohol
12. Cereals and cereal products containing gluten
   (We - Wheat, Ry - Rye, Sp - Spelt, Gr - Green spelt, Ba - Barley, hf-oat)
13. Milk and milk products
14. Crustaceans and products thereof
15. Fish and fish products
16. Molluscs and products thereof
17. Eggs and egg products
18. Mustard and products thereof
19. Sesame seeds and sesame products
20. Soy and soy products
21. Celery and products thereof
22. Nuts
   (Al – Almond, Pi - Pistachios, Ha – Hazelnut,
   Wa – Walnut, Ma – Macadamia nut, Ca – Cashew)
23. Peanuts and peanut products
24. Sulphur dioxide and sulfides
25. Lupines and lupine products
26. Vegetarian
27. Vegan
28. Meat and meat products
29. Pork
30. Beef
31. Veal
32. Venison
33. Lamb
34. Poultry

The offers/components with the JOB & FIT logo correspond to the “DGE quality standard for catering in businesses” and have been certified as a menu line by the German Nutrition Society (DGE).

*According to BIO certification DE-ÖKO-006