

# Speiseplan

von Montag, 09.10.2023 KW 41  
bis Sonntag, 15.10.2023



Menü 1

| Montag                                                                                                                                                                                                                                                                                                                                                        | Dienstag                                                                                                                                                                                                                                     | Mittwoch                                                                                                                                                             | Donnerstag                                      | Freitag                                                                                                                                                                                                                                                                                | Samstag                                                                                                                        | Sonntag                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Jägerschnitte <br><small>,1,10,1a,K,Ph</small><br>Tomatensoße <br>Spirelli-Nudeln <br><small>,1,1a</small> | Hähnchenkeule<br>gebraten<br>Paprikasoße <br>Gemüsereis  <small>,9</small> | Käsespätzle mit<br><small>,1,1a,3,7</small><br>Röstzwiebeln  <small>,1,1a</small> | Weißkohleintopf<br>mit Rindfleisch <sup>9</sup> | Kasslerbraten <sup>A,K,Ph</sup><br>Soße zum<br>Kasslerbraten <sup>10,A,K</sup><br>Sauerkraut <br>Salzkartoffeln  | Paprikaquar <sup>7</sup><br>Salzkartoffeln  | Hackbraten vom<br>Schwein  <small>,1,10,1a,3,Ph</small><br>Majoransoße  <small>,10</small><br>grüne Bohnen <br>2 Kartoffelklöße  |

Menü 2

|                                                                                                                                                                                                                                              |                                                                                                                                                                                                                 |                                                                                                                                                                                                                                           |                                                                                                                                                 |                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                   |                                                                                                                                                                               |
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| <small>kcal: 558,6, Fett: 21,1 g,<br/>KH: 68,8 g, EW: 21,2 g</small>                                                                                                                                                                         | <small>kcal: 635,9, Fett: 33,9 g,<br/>KH: 40,7 g, EW: 40,3 g</small>                                                                                                                                            | <small>kcal: 724,0, Fett: 38,5 g,<br/>KH: 69,2 g, EW: 24,9 g</small>                                                                                                                                                                      | <small>kcal: 199,4, Fett: 4,6 g,<br/>KH: 23,8 g, EW: 12,3 g</small>                                                                             | <small>kcal: 377,3, Fett: 12,2 g,<br/>KH: 42,8 g, EW: 21,0 g</small>                                                                                                                                                                                                                                   | <small>kcal: 368,8, Fett: 15,9 g,<br/>KH: 38,1 g, EW: 17,5 g</small>                                                                                                                                                              | <small>kcal: 522,2, Fett: 28,1 g,<br/>KH: 51,7 g, EW: 14,3 g</small>                                                                                                          |
| Gemüsecurry  <small>,8,8d</small><br>Gemüsevollkornreis  <small>,9</small> | 2 gekochte Eier <sup>3</sup><br>Blumenkohl,<br>Brokkoli, Möhren in<br>Soße  <small>,6</small><br>Kartoffelpüree <sup>7,A</sup> | Kalbsragout mit<br>Spargel <sup>6,A</sup><br>grüne Erbsen <br>Reis  | Gnocchi -<br>Tomatenpfanne <sup>1,1a,7</sup><br>Tomatensoße  | Schlemmerfisch<br>Spinat <sup>1,1a,4,7</sup><br>Kräutersoße  <small>,6</small><br>Möhrengemüse <br>Kartoffelpüree <sup>7,A</sup> | Milchnudeln  <small>,1,1a,3,7,F</small><br>Sauerkirschsoße  | Makkaroni -<br>Grillgemüseauflauf <sup>1,</sup><br><small>1a,7,9</small> Tomaten-<br>soße  |

Menü 3

|                                                                                                                                                       |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                    |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <small>kcal: 341,9, Fett: 12,8 g,<br/>KH: 47,2 g, EW: 7,6 g</small>                                                                                   | <small>kcal: 281,7, Fett: 14,8 g,<br/>KH: 16,8 g, EW: 17,2 g</small>                                                                                                                                                                                            | <small>kcal: 375,4, Fett: 6,8 g,<br/>KH: 41,5 g, EW: 26,2 g</small>                                                                                                                                                        | <small>kcal: 464,7, Fett: 13,8 g,<br/>KH: 72,5 g, EW: 11,2 g</small>                                                                                                                                                                                                                                                                                                                                                                                                                        | <small>kcal: 447,9, Fett: 17,9 g,<br/>KH: 29,0 g, EW: 27,5 g</small>                                                               | <small>kcal: 655,9, Fett: 20,0 g,<br/>KH: 100,3 g, EW: 17,1 g</small>                                                                                                                                                                                                | <small>kcal: 552,8, Fett: 18,6 g,<br/>KH: 73,3 g, EW: 20,5 g</small>                                                                                                                                                                                                                                                                                                                                            |
| Brokkoli - Kohlrabi -<br>Karottentopf mit<br>Tofu  <small>,6</small> | Ayurveda<br>Blumenkohl -<br>Brokkoli -<br>Möhrenpfanne  <small>,6</small><br>Vollkornreis  | Waldpilzpfanne  <small>,6</small><br>Salzkartoffeln  | Rote Linsen-Hafer-<br>Rösti  <small>,1,1d,9</small><br>Kräutersoße  <small>,6</small><br>Blumenkohl,<br>Brokkoli, Möhren <br>Salzkartoffeln  | Steckrübentopf mit<br>Tofu  <small>,6,9</small> | Gemüsepfanne mit<br>Früchten  <small>,8,8d</small><br>Ebly-Zartweizen <br><small>,1,1a</small> | orientalisches<br>Wirsinggemüse <br><small>11,6,8,8a</small> Kokos-<br>Karottensoße  <small>,6</small><br>Gemüsecouscous <br><small>,1,1a,9</small> |

Menü 4

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| <small>kcal: 331,8, Fett: 14,6 g,<br/>KH: 33,3 g, EW: 12,4 g</small>                                                                                                                      | <small>kcal: 415,1, Fett: 8,3 g,<br/>KH: 70,2 g, EW: 11,3 g</small>                                                                       | <small>kcal: 245,0, Fett: 8,1 g,<br/>KH: 34,6 g, EW: 7,5 g</small>                                                                                                                                                                                                                                                                                                                             | <small>kcal: 453,6, Fett: 10,1 g,<br/>KH: 56,8 g, EW: 16,6 g</small>                                                                                                 | <small>kcal: 176,7, Fett: 2,5 g,<br/>KH: 27,6 g, EW: 7,0 g</small>                                                                                                                                                                                                                                                                                                                                             | <small>kcal: 566,3, Fett: 21,0 g,<br/>KH: 74,3 g, EW: 16,9 g</small>                                                                                 | <small>kcal: 574,5, Fett: 21,7 g,<br/>KH: 60,2 g, EW: 16,7 g</small>                                                                                                                                                                                                                                                                                                                                                                                                     |
| Gemüsegulasch mit<br>Balkankäse <sup>10,6,7</sup><br>Vollkornspirelli-<br>Nudeln  <small>,1,1a</small> | Wachsbrechbohnen<br>topf mit Tofu  <small>,6,9</small> | Süßkartoffel -<br>Brokkoli - Auflauf <br><small>,6,8,8a,A</small> Kürbis-<br>Zitronensoße  <small>,6,A,K</small><br>Pastinaken  | Vollkornreis -<br>Gemüsepfanne mit<br>Balkankäse <sup>7,9</sup><br>Tomatensoße  | 2 halbe Chicoree<br>gratiniert  <small>,8,8a,A</small><br>Kokos-Karotten-<br>soße  <small>,6</small> Gemüse-<br>vollkornreis  <small>,9</small> | Gemüsetopf mit<br>Vollkornreis und<br>Tofu  <small>,6,9</small> | Kokos-<br>Karottensoße  <small>,6</small><br>Brokkoli <br>Möhrengemüse <br>Gemüsecouscous <br><small>,1,1a,9</small> |
| <small>kcal: 450,7, Fett: 16,2 g,<br/>KH: 53,0 g, EW: 18,6 g</small>                                                                                                                      | <small>kcal: 174,6, Fett: 2,6 g,<br/>KH: 23,5 g, EW: 9,8 g</small>                                                                        | <small>kcal: 479,0, Fett: 12,8 g,<br/>KH: 60,4 g, EW: 11,2 g</small>                                                                                                                                                                                                                                                                                                                           | <small>kcal: 449,1, Fett: 18,7 g,<br/>KH: 53,9 g, EW: 13,8 g</small>                                                                                                 | <small>kcal: 325,8, Fett: 9,8 g,<br/>KH: 39,4 g, EW: 6,6 g</small>                                                                                                                                                                                                                                                                                                                                             | <small>kcal: 344,0, Fett: 13,3 g,<br/>KH: 40,5 g, EW: 10,8 g</small>                                                                                 | <small>kcal: 487,7, Fett: 13,8 g,<br/>KH: 57,2 g, EW: 16,1 g</small>                                                                                                                                                                                                                                                                                                                                                                                                     |

Die Speisen werden mit Oliven- oder Rapsöl zubereitet. Kreuzkontaminationen können nicht ausgeschlossen werden. Änderungen vorbehalten.

**Legende:**  = Icon Vegan,  = Icon Schwein, 1 = Glutenhaltiges Getreide, 10 = Senf und Senferzeugnisse, 11 = Sesam und Sesamerzeugnisse, 1a = Weizen, 1d = Hafer, 3 = Eier und Eierzeugnisse, 4 = Fisch und Fischerzeugnisse, 6 = Soja und Sojaerzeugnisse, 7 = Milch und Milcherzeugnisse einschl. Laktose, 8 = Schalenfrüchte und Erzeugnisse, 8a = Mandel, 8d = Kaschunüsse, 9 = Sellerie und Sellerieerzeugnisse, A = mit Antioxidationsmittel, F = mit Farbstoff, K = mit Konservierungsstoff, Ph = mit Phosphat