

| Speiseplan 42. KW  | Montag, 13.10.25  | Dienstag, 14.10.25 | Mittwoch, 15.10.25 | Donnerstag, 16.10.25 | Freitag, 17.10.25 | Samstag, 18.10.25 | Sonntag, 19.10.25 |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|--|---|--------------------|--------------------|----------------------|-------------------|-------------------|-------------------|--|--|---|-------|-------|---------|--------|--|--|--------|---|---|----------|-------|---------|---------|--------|--|--|--|-------|-------|---------|--------|--|--|--------|--|---|------------|-------|---------|--------|--------|--|--|--|---------|-------|---------|--------|--|--|--------|---|---|------------|-------|---------|--------|--------|--|--|--|---------|-------|---------|--------|--|--|--------|---|---|------------|-------|---------|--------|--------|--|--|---|-------|-------|---------|--------|--|--|--------|---|---|------------|-------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|---|---|----------|-------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|
| <b>Gut Bürgerlich</b><br>herzhaft & beliebt<br><b>M1</b><br>rot                          | <b>Spaghetti Bolognese</b><br>dazu Krautsalat<br><br><table border="1"> <tr><td>R</td><td>A1,C,I,</td><td>483kj</td><td>1,4 g.F</td><td>2,2 ZU</td><td>1,3 SA</td><td></td><td></td></tr> <tr><td>G</td><td>1,1,3</td><td>3,3 F</td><td>16,3 KH</td><td>4,6 EW</td><td></td><td></td><td>7,4 BE</td></tr> </table>                                  | R                  | A1,C,I,            | 483kj                | 1,4 g.F           | 2,2 ZU            | 1,3 SA            |  |  | G | 1,1,3 | 3,3 F | 16,3 KH | 4,6 EW |  |  | 7,4 BE | <b>Königsberger Klopse</b><br>in Kapernsauce<br>dazu Salzkartoffeln<br>und Rote-Beete-Salat<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>447kj</td><td>1,3 g.F</td><td>2,5 ZU</td><td>2,0 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,1</td><td>3,2 F</td><td>12,3 KH</td><td>6,6 EW</td><td></td><td></td><td>5,8 BE</td></tr> </table> | S | A1,C,G,  | 447kj | 1,3 g.F | 2,5 ZU  | 2,0 SA |  |  |  | 1,1,1 | 3,2 F | 12,3 KH | 6,6 EW |  |  | 5,8 BE | <b>Gebackener Leberkäse</b><br>auf Sauerkraut<br>mit Kartoffelpüree<br><br><table border="1"> <tr><td>S</td><td>A1,G,1,2,3</td><td>392kj</td><td>1,9 g.F</td><td>2,0 ZU</td><td>1,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>4,6 F</td><td>8,8 KH</td><td>3,3 EW</td><td></td><td></td><td>3,8 BE</td></tr> </table>                                     | S | A1,G,1,2,3 | 392kj | 1,9 g.F | 2,0 ZU | 1,4 SA |  |  |  |         | 4,6 F | 8,8 KH  | 3,3 EW |  |  | 3,8 BE | <b>Schweinerahmgulasch</b><br>mit Champignons<br>und Spiralnudeln<br>dazu Rohkostsalat<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>462kj</td><td>0,9 g.F</td><td>1,1 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,1,3</td><td>3,1 F</td><td>14,6 KH</td><td>5,6 EW</td><td></td><td></td><td>6,5 BE</td></tr> </table>  | S | A1,C,G,    | 462kj | 0,9 g.F | 1,1 ZU | 1,0 SA |  |  |  | 1,1,1,3 | 3,1 F | 14,6 KH | 5,6 EW |  |  | 6,5 BE | <b>Bratwurst</b><br>in Sauce<br>mit Kohlrabi<br>und Kartoffeln<br><br><table border="1"> <tr><td>S</td><td>A1,G,1,1</td><td>426kj</td><td>2,2 g.F</td><td>0,9 ZU</td><td>1,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>5,8 F</td><td>8,8 KH</td><td>3,6 EW</td><td></td><td></td><td>3,5 BE</td></tr> </table>   | S | A1,G,1,1   | 426kj | 2,2 g.F | 0,9 ZU | 1,6 SA |  |  |   |       | 5,8 F | 8,8 KH  | 3,6 EW |  |  | 3,5 BE | <b>Spießbraten</b><br>in würziger Zwiebelsauce<br>mit Bohnengemüse<br>und Paprikakartoffeln<br><br><table border="1"> <tr><td>S</td><td>A1,1,1</td><td>473kj</td><td>1,8 g.F</td><td>1,2 ZU</td><td>0,8 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>5,8 F</td><td>10,0 KH</td><td>4,2 EW</td><td></td><td></td><td>4,4 BE</td></tr> </table> | S | A1,1,1     | 473kj | 1,8 g.F | 1,2 ZU | 0,8 SA |  |  |  |  | 5,8 F | 10,0 KH | 4,2 EW |  |  | 4,4 BE | <b>Hähnchenragout</b><br>mit Champignons, Spargel<br>dazu Gemüseis<br><br><table border="1"> <tr><td>G</td><td>A1,E,G,3</td><td>420kj</td><td>0,7 g.F</td><td>1,6 ZU</td><td>1,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,0 F</td><td>13,8 KH</td><td>6,5 EW</td><td></td><td></td><td>5,2 BE</td></tr> </table>                                    | G | A1,E,G,3 | 420kj | 0,7 g.F | 1,6 ZU | 1,4 SA |  |  |  |  | 2,0 F | 13,8 KH | 6,5 EW |  |  | 5,2 BE |
| R  | A1,C,I,   | 483kj              | 1,4 g.F            | 2,2 ZU               | 1,3 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | 1,1,3   | 3,3 F              | 16,3 KH            | 4,6 EW               |                   |                   | 7,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,C,G,   | 447kj              | 1,3 g.F            | 2,5 ZU               | 2,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  | 1,1,1   | 3,2 F              | 12,3 KH            | 6,6 EW               |                   |                   | 5,8 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,G,1,2,3  | 392kj              | 1,9 g.F            | 2,0 ZU               | 1,4 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 4,6 F              | 8,8 KH             | 3,3 EW               |                   |                   | 3,8 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,C,G,   | 462kj              | 0,9 g.F            | 1,1 ZU               | 1,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  | 1,1,1,3   | 3,1 F              | 14,6 KH            | 5,6 EW               |                   |                   | 6,5 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,G,1,1  | 426kj              | 2,2 g.F            | 0,9 ZU               | 1,6 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 5,8 F              | 8,8 KH             | 3,6 EW               |                   |                   | 3,5 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,1,1  | 473kj              | 1,8 g.F            | 1,2 ZU               | 0,8 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 5,8 F              | 10,0 KH            | 4,2 EW               |                   |                   | 4,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,E,G,3  | 420kj              | 0,7 g.F            | 1,6 ZU               | 1,4 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 2,0 F              | 13,8 KH            | 6,5 EW               |                   |                   | 5,2 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| <b>Diabetikerkost</b><br>brennwertkontrolliert<br>wahlweise püriert<br><b>M2</b><br>blau | <b>Truthahngulasch</b><br>mit Möhrengemüse<br>und Nudeln<br><br><table border="1"> <tr><td>G</td><td>A1,G,1</td><td>367kj</td><td>0,3 g.F</td><td>1,9 ZU</td><td>0,9 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,0 F</td><td>14,3 KH</td><td>5,4 EW</td><td></td><td></td><td>6,2 BE</td></tr> </table>                              | G                  | A1,G,1             | 367kj                | 0,3 g.F           | 1,9 ZU            | 0,9 SA            |  |  |   |       | 1,0 F | 14,3 KH | 5,4 EW |  |  | 6,2 BE | <b>Feiner Milchreis</b><br>mit feinen Früchten<br>und Zimt<br><br><table border="1"> <tr><td>V</td><td>G,1</td><td>449kj</td><td>1,0 g.F</td><td>11,0 ZU</td><td>0,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,9 F</td><td>19,8 KH</td><td>3,0 EW</td><td></td><td></td><td>9,1 BE</td></tr> </table>  | V | G,1      | 449kj | 1,0 g.F | 11,0 ZU | 0,1 SA |  |  |  |       | 1,9 F | 19,8 KH | 3,0 EW |  |  | 9,1 BE | <b>Gedünstetes Seelachsfilet</b><br>Juliengemüsesauce<br>und Salzkartoffeln<br><br><table border="1"> <tr><td>F</td><td>A1,D,G,1,1</td><td>336kj</td><td>0,9 g.F</td><td>1,9 ZU</td><td>1,7 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,1 F</td><td>10,6 KH</td><td>4,6 EW</td><td></td><td></td><td>4,5 BE</td></tr> </table>                            | F | A1,D,G,1,1 | 336kj | 0,9 g.F | 1,9 ZU | 1,7 SA |  |  |  |         | 2,1 F | 10,6 KH | 4,6 EW |  |  | 4,5 BE | <b>Rinderfrikadelle</b><br>in Rahmsauce<br>mit feinem Erbsengemüse<br>und Kartoffelpüree<br><br><table border="1"> <tr><td>R</td><td>A1,C,G,1,1</td><td>503kj</td><td>1,6 g.F</td><td>2,7 ZU</td><td>2,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,6 F</td><td>12,9 KH</td><td>8,3 EW</td><td></td><td></td><td>6,1 BE</td></tr> </table>  | R | A1,C,G,1,1 | 503kj | 1,6 g.F | 2,7 ZU | 2,1 SA |  |  |  |         | 3,6 F | 12,9 KH | 8,3 EW |  |  | 6,1 BE | <b>Geflügelgulasch</b><br>in Rahmsauce<br>mit Brokkoli<br>und Nudeln<br><br><table border="1"> <tr><td>G</td><td>A1,F,G,1</td><td>380kj</td><td>0,3 g.F</td><td>0,8 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,0 F</td><td>13,1 KH</td><td>6,5 EW</td><td></td><td></td><td>5,9 BE</td></tr> </table>  | G | A1,F,G,1   | 380kj | 0,3 g.F | 0,8 ZU | 1,0 SA |  |  |   |       | 1,0 F | 13,1 KH | 6,5 EW |  |  | 5,9 BE | <b>Trentiner Markttopf</b><br>Italienischer Gemüseeintopf<br>mit zartem Schweinefleisch<br><br><table border="1"> <tr><td>S</td><td>A1,1,1</td><td>291kj</td><td>0,5 g.F</td><td>1,7 ZU</td><td>0,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,1 F</td><td>9,8 KH</td><td>3,8 EW</td><td></td><td></td><td>4,4 BE</td></tr> </table>      | S | A1,1,1     | 291kj | 0,5 g.F | 1,7 ZU | 0,6 SA |  |  |  |  | 1,1 F | 9,8 KH  | 3,8 EW |  |  | 4,4 BE | <b>Schweinerückensteak</b><br>in Rahmsauce<br>mit zartem Kaisergemüse<br>und Kartoffeln<br><br><table border="1"> <tr><td>S</td><td>A1,G,1</td><td>270kj</td><td>0,1 g.F</td><td>1,4 ZU</td><td>1,8 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>0,8 F</td><td>8,0 KH</td><td>5,4 EW</td><td></td><td></td><td>3,5 BE</td></tr> </table>                  | S | A1,G,1   | 270kj | 0,1 g.F | 1,4 ZU | 1,8 SA |  |  |  |  | 0,8 F | 8,0 KH  | 5,4 EW |  |  | 3,5 BE |
| G  | A1,G,1  | 367kj              | 0,3 g.F            | 1,9 ZU               | 0,9 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,0 F              | 14,3 KH            | 5,4 EW               |                   |                   | 6,2 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V  | G,1   | 449kj              | 1,0 g.F            | 11,0 ZU              | 0,1 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,9 F              | 19,8 KH            | 3,0 EW               |                   |                   | 9,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| F  | A1,D,G,1,1  | 336kj              | 0,9 g.F            | 1,9 ZU               | 1,7 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 2,1 F              | 10,6 KH            | 4,6 EW               |                   |                   | 4,5 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| R  | A1,C,G,1,1  | 503kj              | 1,6 g.F            | 2,7 ZU               | 2,1 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 3,6 F              | 12,9 KH            | 8,3 EW               |                   |                   | 6,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,F,G,1  | 380kj              | 0,3 g.F            | 0,8 ZU               | 1,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,0 F              | 13,1 KH            | 6,5 EW               |                   |                   | 5,9 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,1,1  | 291kj              | 0,5 g.F            | 1,7 ZU               | 0,6 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,1 F              | 9,8 KH             | 3,8 EW               |                   |                   | 4,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,G,1  | 270kj              | 0,1 g.F            | 1,4 ZU               | 1,8 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 0,8 F              | 8,0 KH             | 5,4 EW               |                   |                   | 3,5 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| <b>Bunte Vielfalt</b><br>Rund um die Welt.<br><b>M3</b><br>rosa                          | <b>Schweinebraten</b><br>in brauner Sauce<br>mit Blumenkohl<br>und Kartoffelpüree<br><br><table border="1"> <tr><td>S</td><td>A1,G,1,1</td><td>286kj</td><td>0,3 g.F</td><td>1,1 ZU</td><td>2,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,5 F</td><td>7,6 KH</td><td>5,7 EW</td><td></td><td></td><td>3,4 BE</td></tr> </table>    | S                  | A1,G,1,1           | 286kj                | 0,3 g.F           | 1,1 ZU            | 2,4 SA            |  |  |   |       | 1,5 F | 7,6 KH  | 5,7 EW |  |  | 3,4 BE | <b>Geflügel-Schashlikpfanne</b><br>mit Zwiebeln und Paprika<br>dazu Reis<br><br><table border="1"> <tr><td>G</td><td>A1,E,1</td><td>414kj</td><td>0,4 g.F</td><td>1,9 ZU</td><td>1,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,4 F</td><td>15,5 KH</td><td>5,7 EW</td><td></td><td></td><td>5,8 BE</td></tr> </table>                          | G | A1,E,1   | 414kj | 0,4 g.F | 1,9 ZU  | 1,1 SA |  |  |  |       | 1,4 F | 15,5 KH | 5,7 EW |  |  | 5,8 BE | <b>Bifteki</b><br>Griechischer Hackbraten<br>mit Hirten-Käse<br>dazu Tomatenreis<br>und Krautsalat<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>461kj</td><td>2,2 g.F</td><td>2,3 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,1,3</td><td>5,3 F</td><td>10,3 KH</td><td>4,9 EW</td><td></td><td></td><td>4,4 BE</td></tr> </table> | S | A1,C,G,    | 461kj | 2,2 g.F | 2,3 ZU | 1,0 SA |  |  |  | 1,1,1,3 | 5,3 F | 10,3 KH | 4,9 EW |  |  | 4,4 BE | <b>Gegrillte Hähnchenkeule</b><br>auf Paprikagemüse<br>dazu Gabelspaghetti<br><br><table border="1"> <tr><td>G</td><td>A1,1,1</td><td>609kj</td><td>2,1 g.F</td><td>1,5 ZU</td><td>1,2 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>7,2 F</td><td>12,2 KH</td><td>7,6 EW</td><td></td><td></td><td>5,6 BE</td></tr> </table>  | G | A1,1,1     | 609kj | 2,1 g.F | 1,5 ZU | 1,2 SA |  |  |  |         | 7,2 F | 12,2 KH | 7,6 EW |  |  | 5,6 BE | <b>Geflügelbällchen</b><br>in brauner Sauce<br>dazu Gemüseis<br><br><table border="1"> <tr><td>G</td><td>A1,C,G,1,1</td><td>409kj</td><td>0,3 g.F</td><td>1,0 ZU</td><td>1,5 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>0,8 F</td><td>16,2 KH</td><td>6,2 EW</td><td></td><td></td><td>6,1 BE</td></tr> </table>  | G | A1,C,G,1,1 | 409kj | 0,3 g.F | 1,0 ZU | 1,5 SA |  |  |   |       | 0,8 F | 16,2 KH | 6,2 EW |  |  | 6,1 BE | <b>Deftige Käsespätzle Allgäuer Art</b><br>mit Zucchini-Möhren-Salat<br><br><table border="1"> <tr><td>V</td><td>A1,C,G,1,1</td><td>439kj</td><td>1,9 g.F</td><td>2,0 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>4,0 F</td><td>13,2 KH</td><td>3,8 EW</td><td></td><td></td><td>6,4 BE</td></tr> </table>                    | V | A1,C,G,1,1 | 439kj | 1,9 g.F | 2,0 ZU | 1,0 SA |  |  |  |  | 4,0 F | 13,2 KH | 3,8 EW |  |  | 6,4 BE | <b>Ratatouille</b><br>Geschmortes Gemüse<br>mit Vollkornspaghetti<br><br><table border="1"> <tr><td>V</td><td>A1,1,1</td><td>422kj</td><td>0,3 g.F</td><td>4,6 ZU</td><td>1,3 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,2 F</td><td>18,3 KH</td><td>3,0 EW</td><td></td><td></td><td>7,1 BE</td></tr> </table>                                       | V | A1,1,1   | 422kj | 0,3 g.F | 4,6 ZU | 1,3 SA |  |  |  |  | 1,2 F | 18,3 KH | 3,0 EW |  |  | 7,1 BE |
| S  | A1,G,1,1  | 286kj              | 0,3 g.F            | 1,1 ZU               | 2,4 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,5 F              | 7,6 KH             | 5,7 EW               |                   |                   | 3,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,E,1  | 414kj              | 0,4 g.F            | 1,9 ZU               | 1,1 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,4 F              | 15,5 KH            | 5,7 EW               |                   |                   | 5,8 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,C,G,   | 461kj              | 2,2 g.F            | 2,3 ZU               | 1,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  | 1,1,1,3   | 5,3 F              | 10,3 KH            | 4,9 EW               |                   |                   | 4,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,1,1  | 609kj              | 2,1 g.F            | 1,5 ZU               | 1,2 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 7,2 F              | 12,2 KH            | 7,6 EW               |                   |                   | 5,6 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,C,G,1,1  | 409kj              | 0,3 g.F            | 1,0 ZU               | 1,5 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 0,8 F              | 16,2 KH            | 6,2 EW               |                   |                   | 6,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V  | A1,C,G,1,1  | 439kj              | 1,9 g.F            | 2,0 ZU               | 1,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 4,0 F              | 13,2 KH            | 3,8 EW               |                   |                   | 6,4 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V  | A1,1,1  | 422kj              | 0,3 g.F            | 4,6 ZU               | 1,3 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,2 F              | 18,3 KH            | 3,0 EW               |                   |                   | 7,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| <b>Gaumenfreude</b><br>für Feinschmecker.<br><b>M4</b><br>gold                           | <b>Seelachsfilet</b><br>mit Erbsensauce<br>auf Zucchini-Kräutergemüse,<br>dazu Reis<br><br><table border="1"> <tr><td>F</td><td>A1,D,G,1</td><td>370kj</td><td>1,3 g.F</td><td>1,5 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,5 F</td><td>11,2 KH</td><td>6,0 EW</td><td></td><td></td><td>5,8 BE</td></tr> </table> | F                  | A1,D,G,1           | 370kj                | 1,3 g.F           | 1,5 ZU            | 1,0 SA            |  |  |   |       | 2,5 F | 11,2 KH | 6,0 EW |  |  | 5,8 BE | <b>Cordon Bleu vom Schwein</b><br>mit Bratensauce<br>mit Erbsengemüse<br>und Paprikakartoffeln<br><br><table border="1"> <tr><td>S</td><td>A1,G,1,3</td><td>486kj</td><td>1,4 g.F</td><td>2,3 ZU</td><td>1,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,2 F</td><td>14,0 KH</td><td>6,7 EW</td><td></td><td></td><td>6,6 BE</td></tr> </table>  | S | A1,G,1,3 | 486kj | 1,4 g.F | 2,3 ZU  | 1,6 SA |  |  |  |       | 3,2 F | 14,0 KH | 6,7 EW |  |  | 6,6 BE | <b>Geflügelfilets</b><br>in Paprika-Sahne-Sauce<br>mit Mais-Erbsengemüse<br>und Nudeln<br><br><table border="1"> <tr><td>G</td><td>A1,G,1,1</td><td>492kj</td><td>0,5 g.F</td><td>3,3 ZU</td><td>2,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,3 F</td><td>17,6 KH</td><td>8,0 EW</td><td></td><td></td><td>8,1 BE</td></tr> </table>                   | G | A1,G,1,1   | 492kj | 0,5 g.F | 3,3 ZU | 2,1 SA |  |  |  |         | 1,3 F | 17,6 KH | 8,0 EW |  |  | 8,1 BE | <b>Sauerkrautplatte</b><br>mit Kasseler, Bratwürstchen<br>und Wienerle auf mildem<br>Sauerkraut, dazu Kartoffelpüree<br>mit Speck und Zwiebeln<br><br><table border="1"> <tr><td>S</td><td>A1,G,5,9</td><td>382kj</td><td>1,1 g.F</td><td>2,2 ZU</td><td>1,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,0 F</td><td>9,3 KH</td><td>5,9 EW</td><td></td><td></td><td>4,0 BE</td></tr> </table> | S | A1,G,5,9   | 382kj | 1,1 g.F | 2,2 ZU | 1,6 SA |  |  |  |         | 3,0 F | 9,3 KH  | 5,9 EW |  |  | 4,0 BE | <b>Gebratenes Schollenfilet</b><br>auf Finkenwerder Art<br>mit Speckstippe<br>dazu warmer Kartoffelsalat<br><br><table border="1"> <tr><td>S</td><td>A1,D,1,</td><td>522kj</td><td>1,1 g.F</td><td>1,4 ZU</td><td>0,5 SA</td><td></td><td></td></tr> <tr><td>F</td><td>1,2,3</td><td>5,9 F</td><td>11,4 KH</td><td>6,5 EW</td><td></td><td></td><td>4,6 BE</td></tr> </table> | S | A1,D,1,    | 522kj | 1,1 g.F | 1,4 ZU | 0,5 SA |  |  | F | 1,2,3 | 5,9 F | 11,4 KH | 6,5 EW |  |  | 4,6 BE | <b>Seehecht</b><br>auf Kräutersauce<br>mit Pariser Karotten<br>und Bandnudeln<br><br><table border="1"> <tr><td>F</td><td>A1,D,G,1,1</td><td>429kj</td><td>0,6 g.F</td><td>4,0 ZU</td><td>2,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,4 F</td><td>15,4 KH</td><td>4,7 EW</td><td></td><td></td><td>6,2 BE</td></tr> </table>           | F | A1,D,G,1,1 | 429kj | 0,6 g.F | 4,0 ZU | 2,4 SA |  |  |  |  | 2,4 F | 15,4 KH | 4,7 EW |  |  | 6,2 BE | <b>Saftiger Rinderbraten</b><br>in pikanter Sauce<br>mit Romanesco, Blumenkohl,<br>Karotten und Kartoffeln<br><br><table border="1"> <tr><td>R</td><td>A1,1</td><td>353kj</td><td>0,0 g.F</td><td>0,9 ZU</td><td>1,8 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,3 F</td><td>8,9 KH</td><td>8,2 EW</td><td></td><td></td><td>4,1 BE</td></tr> </table> | R | A1,1     | 353kj | 0,0 g.F | 0,9 ZU | 1,8 SA |  |  |  |  | 1,3 F | 8,9 KH  | 8,2 EW |  |  | 4,1 BE |
| F  | A1,D,G,1  | 370kj              | 1,3 g.F            | 1,5 ZU               | 1,0 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 2,5 F              | 11,2 KH            | 6,0 EW               |                   |                   | 5,8 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,G,1,3  | 486kj              | 1,4 g.F            | 2,3 ZU               | 1,6 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 3,2 F              | 14,0 KH            | 6,7 EW               |                   |                   | 6,6 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G  | A1,G,1,1  | 492kj              | 0,5 g.F            | 3,3 ZU               | 2,1 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,3 F              | 17,6 KH            | 8,0 EW               |                   |                   | 8,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,G,5,9  | 382kj              | 1,1 g.F            | 2,2 ZU               | 1,6 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 3,0 F              | 9,3 KH             | 5,9 EW               |                   |                   | 4,0 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S  | A1,D,1,   | 522kj              | 1,1 g.F            | 1,4 ZU               | 0,5 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| F  | 1,2,3   | 5,9 F              | 11,4 KH            | 6,5 EW               |                   |                   | 4,6 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| F  | A1,D,G,1,1  | 429kj              | 0,6 g.F            | 4,0 ZU               | 2,4 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 2,4 F              | 15,4 KH            | 4,7 EW               |                   |                   | 6,2 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| R  | A1,1  | 353kj              | 0,0 g.F            | 0,9 ZU               | 1,8 SA            |                   |                   |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|  |   | 1,3 F              | 8,9 KH             | 8,2 EW               |                   |                   | 4,1 BE            |  |  |   |       |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |       |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |   |       |       |         |        |  |  |        |   |   |            |       |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |

|   |   |       |            |        |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|---|---|-------|------------|--------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|--|---|------------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|----------|-------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|--|---|-----------|-------|---------|--------|--------|--|--|--|---------|-------|---------|--------|--|--|--------|---|---|----------|-------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|
| <b>Vegetarisch</b><br>Fleischlos lecker.<br><b>M5</b><br>grün | <b>Bulgur-Gemüsepfanne</b><br>mit Bio Tofuwürfeln<br><br><table border="1"> <tr><td>V</td><td>A1,F,G,1,1</td><td>391kj</td><td>0,3 g.F</td><td>1,5 ZU</td><td>0,3 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,2 F</td><td>15,7 KH</td><td>3,6 EW</td><td></td><td></td><td>6,3 BE</td></tr> </table> | V     | A1,F,G,1,1 | 391kj  | 0,3 g.F | 1,5 ZU | 0,3 SA |  |  |  |  | 1,2 F | 15,7 KH | 3,6 EW |  |  | 6,3 BE | <b>Rührei mit Rahmspinat</b><br>und Püree<br><br><table border="1"> <tr><td>V</td><td>A1,C,G,1,1</td><td>418kj</td><td>2,1 g.F</td><td>1,3 ZU</td><td>1,2 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>5,4 F</td><td>7,9 KH</td><td>4,7 EW</td><td></td><td></td><td>3,5 BE</td></tr> </table> | V | A1,C,G,1,1 | 418kj | 2,1 g.F | 1,3 ZU | 1,2 SA |  |  |  |  | 5,4 F | 7,9 KH | 4,7 EW |  |  | 3,5 BE | <b>Kürbiscurry</b><br>mit Reis<br><br><table border="1"> <tr><td>V</td><td>A1,G,1,1</td><td>411kj</td><td>1,2 g.F</td><td>1,8 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,5 F</td><td>17,1 KH</td><td>2,0 EW</td><td></td><td></td><td>7,0 BE</td></tr> </table> | V | A1,G,1,1 | 411kj | 1,2 g.F | 1,8 ZU | 1,0 SA |  |  |  |  | 2,5 F | 17,1 KH | 2,0 EW |  |  | 7,0 BE | <b>Gemüsefrikadelle</b><br>in Tomatensauce<br>und Vollkornnudeln<br><br><table border="1"> <tr><td>V</td><td>A1,A,4,C,</td><td>439kj</td><td>0,3 g.F</td><td>3,4 ZU</td><td>1,4 SA</td><td></td><td></td></tr> <tr><td></td><td>G,1,1,3</td><td>1,6 F</td><td>18,3 KH</td><td>3,4 EW</td><td></td><td></td><td>6,8 BE</td></tr> </table> | V | A1,A,4,C, | 439kj | 0,3 g.F | 3,4 ZU | 1,4 SA |  |  |  | G,1,1,3 | 1,6 F | 18,3 KH | 3,4 EW |  |  | 6,8 BE | <b>Gemüse-Kartoffel-Auflauf</b><br>mit herzhaftem Käse überbacken<br><br><table border="1"> <tr><td>V</td><td>A1,G,1,1</td><td>380kj</td><td>2,1 g.F</td><td>1,1 ZU</td><td>1,2 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,3 F</td><td>10,6 KH</td><td>3,7 EW</td><td></td><td></td><td>4,9 BE</td></tr> </table> | V | A1,G,1,1 | 380kj | 2,1 g.F | 1,1 ZU | 1,2 SA |  |  |  |  | 3,3 F | 10,6 KH | 3,7 EW |  |  | 4,9 BE |
| V   | A1,F,G,1,1  | 391kj | 0,3 g.F    | 1,5 ZU | 0,3 SA  |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |   | 1,2 F | 15,7 KH    | 3,6 EW |         |        | 6,3 BE |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V   | A1,C,G,1,1  | 418kj | 2,1 g.F    | 1,3 ZU | 1,2 SA  |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |   | 5,4 F | 7,9 KH     | 4,7 EW |         |        | 3,5 BE |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V   | A1,G,1,1  | 411kj | 1,2 g.F    | 1,8 ZU | 1,0 SA  |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |   | 2,5 F | 17,1 KH    | 2,0 EW |         |        | 7,0 BE |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V   | A1,A,4,C,   | 439kj | 0,3 g.F    | 3,4 ZU | 1,4 SA  |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   | G,1,1,3   | 1,6 F | 18,3 KH    | 3,4 EW |         |        | 6,8 BE |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| V   | A1,G,1,1  | 380kj | 2,1 g.F    | 1,1 ZU | 1,2 SA  |        |        |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |   | 3,3 F | 10,6 KH    | 3,7 EW |         |        | 4,9 BE |  |  |  |  |       |         |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |  |   |           |       |         |        |        |  |  |  |         |       |         |        |  |  |        |   |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |

|   |  |       |         |        |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|---|--|-------|---------|--------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|---------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|---------|-------|---------|--------|--------|--|--|--|-------|-------|---------|--------|--|--|--------|---|---|---------|-------|---------|--------|--------|--|--|--|-------|-------|--------|--------|--|--|--------|--|---|----------|-------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|
| <b>Eintopf &amp; Pasta</b><br>Einfach gut!<br><b>M6</b><br>gelb | <b>Herzhafter Weißkohl-Möhren-Eintopf</b><br>mit zartem Rindfleisch<br><br><table border="1"> <tr><td>R</td><td>A1,1,1</td><td>280kj</td><td>0,5 g.F</td><td>1,8 ZU</td><td>0,7 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,6 F</td><td>9,2 KH</td><td>3,1 EW</td><td></td><td></td><td>4,2 BE</td></tr> </table> | R     | A1,1,1  | 280kj  | 0,5 g.F | 1,8 ZU | 0,7 SA |  |  |  |  | 1,6 F | 9,2 KH | 3,1 EW |  |  | 4,2 BE | <b>Deftige Erbsensuppe</b><br>mit Geflügelwienener<br><br><table border="1"> <tr><td>G</td><td>1,1,2,3</td><td>317kj</td><td>0,3 g.F</td><td>0,7 ZU</td><td>0,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,8 F</td><td>8,8 KH</td><td>3,6 EW</td><td></td><td></td><td>4,0 BE</td></tr> </table> | G | 1,1,2,3 | 317kj | 0,3 g.F | 0,7 ZU | 0,6 SA |  |  |  |  | 2,8 F | 8,8 KH | 3,6 EW |  |  | 4,0 BE | <b>Spaghetti Carbonara</b><br>Schinkenspeck in leckerer<br>Käse-Sahne-Sauce<br>dazu Karotten-Salat<br><br><table border="1"> <tr><td>S</td><td>A1,G,1,</td><td>612kj</td><td>3,0 g.F</td><td>2,8 ZU</td><td>1,2 SA</td><td></td><td></td></tr> <tr><td></td><td>1,2,3</td><td>6,5 F</td><td>16,4 KH</td><td>5,3 EW</td><td></td><td></td><td>7,1 BE</td></tr> </table> | S | A1,G,1, | 612kj | 3,0 g.F | 2,8 ZU | 1,2 SA |  |  |  | 1,2,3 | 6,5 F | 16,4 KH | 5,3 EW |  |  | 7,1 BE | <b>Grünkohlgemüseeintopf</b><br>mit Geflügelwürfel<br><br><table border="1"> <tr><td>G</td><td>A1,1,1,</td><td>351kj</td><td>0,3 g.F</td><td>0,2 ZU</td><td>0,3 SA</td><td></td><td></td></tr> <tr><td></td><td>1,2,3</td><td>4,2 F</td><td>9,1 KH</td><td>3,1 EW</td><td></td><td></td><td>4,4 BE</td></tr> </table> | G | A1,1,1, | 351kj | 0,3 g.F | 0,2 ZU | 0,3 SA |  |  |  | 1,2,3 | 4,2 F | 9,1 KH | 3,1 EW |  |  | 4,4 BE | <b>Geflügelhackfleisch-Pfanne</b><br>mit mediterranem Gemüse<br>und Bulgur<br><br><table border="1"> <tr><td>G</td><td>A1,E,1,1</td><td>355kj</td><td>0,1 g.F</td><td>1,5 ZU</td><td>0,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>0,6 F</td><td>14,6 KH</td><td>4,1 EW</td><td></td><td></td><td>6,5 BE</td></tr> </table> | G | A1,E,1,1 | 355kj | 0,1 g.F | 1,5 ZU | 0,6 SA |  |  |  |  | 0,6 F | 14,6 KH | 4,1 EW |  |  | 6,5 BE |
| R   | A1,1,1   | 280kj | 0,5 g.F | 1,8 ZU | 0,7 SA  |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |  | 1,6 F | 9,2 KH  | 3,1 EW |         |        | 4,2 BE |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G   | 1,1,2,3  | 317kj | 0,3 g.F | 0,7 ZU | 0,6 SA  |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |  | 2,8 F | 8,8 KH  | 3,6 EW |         |        | 4,0 BE |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| S   | A1,G,1,  | 612kj | 3,0 g.F | 2,8 ZU | 1,2 SA  |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   | 1,2,3  | 6,5 F | 16,4 KH | 5,3 EW |         |        | 7,1 BE |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G   | A1,1,1,  | 351kj | 0,3 g.F | 0,2 ZU | 0,3 SA  |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   | 1,2,3  | 4,2 F | 9,1 KH  | 3,1 EW |         |        | 4,4 BE |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
| G   | A1,E,1,1   | 355kj | 0,1 g.F | 1,5 ZU | 0,6 SA  |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |
|   |  | 0,6 F | 14,6 KH | 4,1 EW |         |        | 6,5 BE |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |       |       |        |        |  |  |        |  |   |          |       |         |        |        |  |  |  |  |       |         |        |  |  |        |

|   |  |       |         |        |         |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|---|--|-------|---------|--------|---------|--------|--------|--|--|--|-------|-------|---------|--------|--|--|--------|--|---|-------------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|-----------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|-----------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|--|---|------------|-------|---------|--------|--------|--|--|--|--|-------|--------|--------|--|--|--------|
| <b>Salat &amp; Co.</b><br>kalt serviert.<br><b>M7</b><br>lila | <b>Paniertes Schweineschnitzel</b><br>mit Kartoffelsalat<br>und Senf<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>724kj</td><td>4,0 g.F</td><td>1,1 ZU</td><td>1,6 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,3</td><td>9,9 F</td><td>12,4 KH</td><td>8,4 EW</td><td></td><td></td><td>3,9 BE</td></tr> </table> | S     | A1,C,G, | 724kj  | 4,0 g.F | 1,1 ZU | 1,6 SA |  |  |  | 1,1,3 | 9,9 F | 12,4 KH | 8,4 EW |  |  | 3,9 BE | <b>Chefsalat</b><br>mit Schinken, Käse und Ei,<br>dazu Cocktail-Dressing<br><br><table border="1"> <tr><td>S</td><td>C,G,1,1,2,3</td><td>379kj</td><td>2,3 g.F</td><td>2,9 ZU</td><td>0,7 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>5,0 F</td><td>4,0 KH</td><td>6,8 EW</td><td></td><td></td><td>1,0 BE</td></tr> </table> | S | C,G,1,1,2,3 | 379kj | 2,3 g.F | 2,9 ZU | 0,7 SA |  |  |  |  | 5,0 F | 4,0 KH | 6,8 EW |  |  | 1,0 BE | <b>Salatteller mit Gemüse-Köttbullar</b><br>verschiedene Rohkostsalate<br>dazu Haus-Dressing<br><br><table border="1"> <tr><td>V</td><td>C,G,1,1,3</td><td>295kj</td><td>1,1 g.F</td><td>3,0 ZU</td><td>0,5 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,2 F</td><td>7,5 KH</td><td>2,2 EW</td><td></td><td></td><td>2,7 BE</td></tr> </table> | V | C,G,1,1,3 | 295kj | 1,1 g.F | 3,0 ZU | 0,5 SA |  |  |  |  | 3,2 F | 7,5 KH | 2,2 EW |  |  | 2,7 BE | <b>Hirten-Käse</b><br>mit Tomate, Lauchstreifen,<br>Zwiebeln und schwarzen Oliven,<br>dazu Honig-Senf-Dressing<br><br><table border="1"> <tr><td>V</td><td>C,G,1,1,3</td><td>507kj</td><td>4,3 g.F</td><td>2,9 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>9,6 F</td><td>3,9 KH</td><td>4,1 EW</td><td></td><td></td><td>1,1 BE</td></tr> </table> | V | C,G,1,1,3 | 507kj | 4,3 g.F | 2,9 ZU | 1,0 SA |  |  |  |  | 9,6 F | 3,9 KH | 4,1 EW |  |  | 1,1 BE | <b>Salatteller Rustica</b><br>mit Weißkohl, Tomaten, Gurken,<br>Möhrrchen und Hackfleischbällchen,<br>dazu Sauerrahm-Dressing<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,1,1</td><td>345kj</td><td>1,5 g.F</td><td>2,7 ZU</td><td>0,6 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>3,7 F</td><td>5,2 KH</td><td>6,5 EW</td><td></td><td></td><td>1,7 BE</td></tr> </table> | S | A1,C,G,1,1 | 345kj | 1,5 g.F | 2,7 ZU | 0,6 SA |  |  |  |  | 3,7 F | 5,2 KH | 6,5 EW |  |  | 1,7 BE |
| S   | A1,C,G,  | 724kj | 4,0 g.F | 1,1 ZU | 1,6 SA  |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|   | 1,1,3  | 9,9 F | 12,4 KH | 8,4 EW |         |        | 3,9 BE |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
| S   | C,G,1,1,2,3  | 379kj | 2,3 g.F | 2,9 ZU | 0,7 SA  |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|   |  | 5,0 F | 4,0 KH  | 6,8 EW |         |        | 1,0 BE |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
| V   | C,G,1,1,3  | 295kj | 1,1 g.F | 3,0 ZU | 0,5 SA  |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|   |  | 3,2 F | 7,5 KH  | 2,2 EW |         |        | 2,7 BE |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
| V   | C,G,1,1,3  | 507kj | 4,3 g.F | 2,9 ZU | 1,0 SA  |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|   |  | 9,6 F | 3,9 KH  | 4,1 EW |         |        | 1,1 BE |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
| S   | A1,C,G,1,1   | 345kj | 1,5 g.F | 2,7 ZU | 0,6 SA  |        |        |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |
|   |  | 3,7 F | 5,2 KH  | 6,5 EW |         |        | 1,7 BE |  |  |  |       |       |         |        |  |  |        |  |   |             |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |           |       |         |        |        |  |  |  |  |       |        |        |  |  |        |  |   |            |       |         |        |        |  |  |  |  |       |        |        |  |  |        |

|   |   |        |         |         |         |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|---|---|--------|---------|---------|---------|---------|---------|--|--|--|--|-------|---------|--------|--|--|--------|---|---|----------|-------|---------|---------|--------|--|--|--|--|-------|---------|--------|--|--|---------|---|---|--------|-------|---------|---------|--------|--|--|--|--|-------|---------|--------|--|--|--------|--|---|----------|-------|---------|---------|--------|--|--|--|--|-------|---------|--------|--|--|--------|--|---|-----|-------|---------|---------|--------|--|--|--|--|-------|---------|--------|--|--|---------|---|---|-----|-------|---------|---------|--------|--|--|--|--|-------|---------|--------|--|--|---------|---|---|------------|-------|---------|---------|--------|--|--|--|--|--------|---------|--------|--|--|---------|
| <b>Süßer Schmaus</b><br>Schlemmerfreude!<br><b>M8</b><br>weiß | <b>Milchreis</b><br>mit heißen Kirschen<br><br><table border="1"> <tr><td>V</td><td>G,1</td><td>580kj</td><td>0,7 g.F</td><td>14,0 ZU</td><td>0,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,5 F</td><td>21,8 KH</td><td>2,4 EW</td><td></td><td></td><td>9,2 BE</td></tr> </table> | V      | G,1     | 580kj   | 0,7 g.F | 14,0 ZU | 0,1 SA  |  |  |  |  | 1,5 F | 21,8 KH | 2,4 EW |  |  | 9,2 BE | <b>Germknödel</b><br>mit Vanillesauce<br><br><table border="1"> <tr><td>V</td><td>A1,C,G,1</td><td>699kj</td><td>0,9 g.F</td><td>14,5 ZU</td><td>0,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,9 F</td><td>33,1 KH</td><td>3,9 EW</td><td></td><td></td><td>10,0 BE</td></tr> </table> | V | A1,C,G,1 | 699kj | 0,9 g.F | 14,5 ZU | 0,4 SA |  |  |  |  | 1,9 F | 33,1 KH | 3,9 EW |  |  | 10,0 BE | <b>Sahnegrießbrei</b><br>mit Himbeeren<br><br><table border="1"> <tr><td>V</td><td>A1,G,1</td><td>472kj</td><td>0,7 g.F</td><td>15,5 ZU</td><td>0,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,5 F</td><td>21,2 KH</td><td>2,7 EW</td><td></td><td></td><td>8,9 BE</td></tr> </table> | V | A1,G,1 | 472kj | 0,7 g.F | 15,5 ZU | 0,1 SA |  |  |  |  | 1,5 F | 21,2 KH | 2,7 EW |  |  | 8,9 BE | <b>Eierpfannkuchen</b><br>gefüllt mit Heidelbeeren<br>dazu Vanillesauce<br><br><table border="1"> <tr><td>V</td><td>A1,C,G,1</td><td>494kj</td><td>0,9 g.F</td><td>12,4 ZU</td><td>0,2 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>2,2 F</td><td>21,5 KH</td><td>3,1 EW</td><td></td><td></td><td>7,6 BE</td></tr> </table> | V | A1,C,G,1 | 494kj | 0,9 g.F | 12,4 ZU | 0,2 SA |  |  |  |  | 2,2 F | 21,5 KH | 3,1 EW |  |  | 7,6 BE | <b>Beerengrütze</b><br>mit Vanillesauce<br><br><table border="1"> <tr><td>V</td><td>G,1</td><td>521kj</td><td>0,3 g.F</td><td>24,6 ZU</td><td>0,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>0,6 F</td><td>27,5 KH</td><td>1,1 EW</td><td></td><td></td><td>11,5 BE</td></tr> </table> | V | G,1 | 521kj | 0,3 g.F | 24,6 ZU | 0,0 SA |  |  |  |  | 0,6 F | 27,5 KH | 1,1 EW |  |  | 11,5 BE | <b>Milchreis</b><br>mit roter Grütze<br><br><table border="1"> <tr><td>V</td><td>G,1</td><td>502kj</td><td>0,7 g.F</td><td>16,5 ZU</td><td>0,1 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>1,5 F</td><td>23,9 KH</td><td>2,4 EW</td><td></td><td></td><td>10,0 BE</td></tr> </table> | V | G,1 | 502kj | 0,7 g.F | 16,5 ZU | 0,1 SA |  |  |  |  | 1,5 F | 23,9 KH | 2,4 EW |  |  | 10,0 BE | <b>Heißer Apfelstrudel</b><br>mit Vanillesauce<br><br><table border="1"> <tr><td>V</td><td>A1,G,1,2,3</td><td>879kj</td><td>5,1 g.F</td><td>10,6 ZU</td><td>0,4 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>10,6 F</td><td>25,8 KH</td><td>3,0 EW</td><td></td><td></td><td>10,8 BE</td></tr> </table> | V | A1,G,1,2,3 | 879kj | 5,1 g.F | 10,6 ZU | 0,4 SA |  |  |  |  | 10,6 F | 25,8 KH | 3,0 EW |  |  | 10,8 BE |
| V   | G,1   | 580kj  | 0,7 g.F | 14,0 ZU | 0,1 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 1,5 F  | 21,8 KH | 2,4 EW  |         |         | 9,2 BE  |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | A1,C,G,1  | 699kj  | 0,9 g.F | 14,5 ZU | 0,4 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 1,9 F  | 33,1 KH | 3,9 EW  |         |         | 10,0 BE |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | A1,G,1  | 472kj  | 0,7 g.F | 15,5 ZU | 0,1 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 1,5 F  | 21,2 KH | 2,7 EW  |         |         | 8,9 BE  |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | A1,C,G,1  | 494kj  | 0,9 g.F | 12,4 ZU | 0,2 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 2,2 F  | 21,5 KH | 3,1 EW  |         |         | 7,6 BE  |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | G,1   | 521kj  | 0,3 g.F | 24,6 ZU | 0,0 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 0,6 F  | 27,5 KH | 1,1 EW  |         |         | 11,5 BE |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | G,1   | 502kj  | 0,7 g.F | 16,5 ZU | 0,1 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 1,5 F  | 23,9 KH | 2,4 EW  |         |         | 10,0 BE |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
| V   | A1,G,1,2,3  | 879kj  | 5,1 g.F | 10,6 ZU | 0,4 SA  |         |         |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |
|   |   | 10,6 F | 25,8 KH | 3,0 EW  |         |         | 10,8 BE |  |  |  |  |       |         |        |  |  |        |   |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |        |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |          |       |         |         |        |  |  |  |  |       |         |        |  |  |        |  |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |     |       |         |         |        |  |  |  |  |       |         |        |  |  |         |   |   |            |       |         |         |        |  |  |  |  |        |         |        |  |  |         |

|  |  |        |         |         |         |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|--|--|--------|---------|---------|---------|--------|--------|--|--|--|--|-------|---------|--------|--|--|--------|---|---|---------|-------|---------|--------|--------|--|--|--|---------|--------|--------|--------|--|--|--------|--|---|---------|-------|---------|--------|--------|--|--|--|-------|--------|--------|--------|--|--|--------|--|---|---------|--------|---------|--------|--------|--|--|--|-------|--------|---------|--------|--|--|--------|---|---|-----------|-------|---------|--------|--------|--|--|--|--|--------|---------|--------|--|--|--------|--|---|---------|-------|---------|--------|--------|--|--|--|---------|--------|---------|--------|--|--|--------|---|---|--------|-------|---------|--------|--------|--|--|--|-------|-------|---------|---------|--|--|--------|
| <b>Zum Abend</b><br>kalt serviert.<br><b>M9</b><br>braun | <b>Herzhafter Rindfleischsalat</b><br>mit Brot und Butter<br><br><table border="1"> <tr><td>R</td><td>A1,A2</td><td>624kj</td><td>3,1 g.F</td><td>5,4 ZU</td><td>1,0 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>7,3 F</td><td>11,9 KH</td><td>8,4 EW</td><td></td><td></td><td>3,7 BE</td></tr> </table> | R      | A1,A2   | 624kj   | 3,1 g.F | 5,4 ZU | 1,0 SA |  |  |  |  | 7,3 F | 11,9 KH | 8,4 EW |  |  | 3,7 BE | <b>Gyrosbraten</b><br>mit Zaziki und Krautsalat<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>787kj</td><td>3,9 g.F</td><td>3,7 ZU</td><td>1,3 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,2,3</td><td>15,2 F</td><td>4,9 KH</td><td>7,1 EW</td><td></td><td></td><td>1,5 BE</td></tr> </table> | S | A1,C,G, | 787kj | 3,9 g.F | 3,7 ZU | 1,3 SA |  |  |  | 1,1,2,3 | 15,2 F | 4,9 KH | 7,1 EW |  |  | 1,5 BE | <b>Eiersalat</b><br>mit Obstgarnitur<br>und Weißbrot<br><br><table border="1"> <tr><td>V</td><td>A1,C,G,</td><td>751kj</td><td>5,3 g.F</td><td>2,4 ZU</td><td>1,1 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,3</td><td>13,5 F</td><td>7,8 KH</td><td>6,6 EW</td><td></td><td></td><td>2,2 BE</td></tr> </table> | V | A1,C,G, | 751kj | 5,3 g.F | 2,4 ZU | 1,1 SA |  |  |  | 1,1,3 | 13,5 F | 7,8 KH | 6,6 EW |  |  | 2,2 BE | <b>Sandwichteller -</b><br>leckere Sandwiches (Toast belegt)<br>mit verschiedenen Sorten Belag<br>und Garnitur<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>1086kj</td><td>7,0 g.F</td><td>4,1 ZU</td><td>1,1 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,3</td><td>15,2 F</td><td>20,7 KH</td><td>9,5 EW</td><td></td><td></td><td>5,1 BE</td></tr> </table> | S | A1,C,G, | 1086kj | 7,0 g.F | 4,1 ZU | 1,1 SA |  |  |  | 1,1,3 | 15,2 F | 20,7 KH | 9,5 EW |  |  | 5,1 BE | <b>Fischplatte</b><br>nach Angebot<br>mit Brot und Butter<br><br><table border="1"> <tr><td>F</td><td>A1,A2,D,G</td><td>974kj</td><td>6,2 g.F</td><td>3,2 ZU</td><td>2,2 SA</td><td></td><td></td></tr> <tr><td></td><td></td><td>15,1 F</td><td>14,0 KH</td><td>9,9 EW</td><td></td><td></td><td>3,5 BE</td></tr> </table> | F | A1,A2,D,G | 974kj | 6,2 g.F | 3,2 ZU | 2,2 SA |  |  |  |  | 15,1 F | 14,0 KH | 9,9 EW |  |  | 3,5 BE | <b>Gebratenes Fleischbällchen</b><br>in Cocktailsauce<br>mit Nudelsalat<br>und Garnitur<br><br><table border="1"> <tr><td>S</td><td>A1,C,G,</td><td>915kj</td><td>6,4 g.F</td><td>1,7 ZU</td><td>1,2 SA</td><td></td><td></td></tr> <tr><td></td><td>1,1,1,3</td><td>14,7 F</td><td>13,6 KH</td><td>8,3 EW</td><td></td><td></td><td>5,0 BE</td></tr> </table> | S | A1,C,G, | 915kj | 6,4 g.F | 1,7 ZU | 1,2 SA |  |  |  | 1,1,1,3 | 14,7 F | 13,6 KH | 8,3 EW |  |  | 5,0 BE | <b>Käseplatte Winzer Art</b><br>mit Weintrauben und Garnitur<br>dazu Butter und Mischbrot<br><br><table border="1"> <tr><td>V</td><td>A1,A2,</td><td>988kj</td><td>3,9 g.F</td><td>2,1 ZU</td><td>1,6 SA</td><td></td><td></td></tr> <tr><td></td><td>G,1,2</td><td>6,2 F</td><td>32,5 KH</td><td>10,8 EW</td><td></td><td></td><td>6,0 BE</td></tr> </table> | V | A1,A2, | 988kj | 3,9 g.F | 2,1 ZU | 1,6 SA |  |  |  | G,1,2 | 6,2 F | 32,5 KH | 10,8 EW |  |  | 6,0 BE |
| R  | A1,A2  | 624kj  | 3,1 g.F | 5,4 ZU  | 1,0 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  |  | 7,3 F  | 11,9 KH | 8,4 EW  |         |        | 3,7 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| S  | A1,C,G,  | 787kj  | 3,9 g.F | 3,7 ZU  | 1,3 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  | 1,1,2,3  | 15,2 F | 4,9 KH  | 7,1 EW  |         |        | 1,5 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| V  | A1,C,G,  | 751kj  | 5,3 g.F | 2,4 ZU  | 1,1 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  | 1,1,3  | 13,5 F | 7,8 KH  | 6,6 EW  |         |        | 2,2 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| S  | A1,C,G,  | 1086kj | 7,0 g.F | 4,1 ZU  | 1,1 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  | 1,1,3  | 15,2 F | 20,7 KH | 9,5 EW  |         |        | 5,1 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| F  | A1,A2,D,G  | 974kj  | 6,2 g.F | 3,2 ZU  | 2,2 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  |  | 15,1 F | 14,0 KH | 9,9 EW  |         |        | 3,5 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| S  | A1,C,G,  | 915kj  | 6,4 g.F | 1,7 ZU  | 1,2 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  | 1,1,1,3  | 14,7 F | 13,6 KH | 8,3 EW  |         |        | 5,0 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
| V  | A1,A2,   | 988kj  | 3,9 g.F | 2,1 ZU  | 1,6 SA  |        |        |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |
|  | G,1,2  | 6,2 F  | 32,5 KH | 10,8 EW |         |        | 6,0 BE |  |  |  |  |       |         |        |  |  |        |   |   |         |       |         |        |        |  |  |  |         |        |        |        |  |  |        |  |   |         |       |         |        |        |  |  |  |       |        |        |        |  |  |        |  |   |         |        |         |        |        |  |  |  |       |        |         |        |  |  |        |   |   |           |       |         |        |        |  |  |  |  |        |         |        |  |  |        |  |   |         |       |         |        |        |  |  |  |         |        |         |        |  |  |        |   |   |        |       |         |        |        |  |  |  |       |       |         |         |  |  |        |

|   |                   |                      |                      |                                  |                       |                      |                    |
|---|-------------------|----------------------|----------------------|----------------------------------|-----------------------|----------------------|--------------------|
| <b>Kuchen</b><br>jew. in Verbindung mit<br>einer Menülieferung. | <b>Käsekuchen</b> | <b>Franzbrötchen</b> | <b>Muffin Schoko</b> | <b>Butterkuchen Stück Mandel</b> | <b>Muffin Zitrone</b> | <b>Apfelschnitte</b> | <b>Bienenstich</b> |
|---|-------------------|----------------------|----------------------|----------------------------------|-----------------------|----------------------|--------------------|



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Die Diabetikerkost liefern wir wahlweise auch als pürierte Kost.

Änderungen bleiben ausdrücklich vorbehalten. Nahrungstabellen = Ca-Werte/ Menü ohne Salat, Dessert  
 enthält: 1= Geschmacksverstärker, 2= Antioxidationsmittel, 3= Süßstoff, 4= Konservierungsstoff, 5= Fruchtsaft, 6= geschwärtzt, 7= Alkohol, 8= Familienpackung, 9= mit Milchprodukt zubereitet, [A]= glutenhaltiges Getreide (A1= Weizen, A2= Roggen, A3= Gerste, A4= Hafer, A5= Dinkel), [AG]= Kamut oder A7= Hybridstämme davon, [B]= Krabbiere/ Kebab, [C]= Eier, [E]= Erbsen, [F]= Soja, [G]= Sojaerzeugnisse, [H]= Milch/ Milcherzeugnisse einsch., [I]= Soja / Sojaerzeugnisse, [L]= Soja / Sojaerzeugnisse, [M]= Weichkäse / Weichkäseerzeugnisse, [N]= Weichkäse / Weichkäseerzeugnisse, [O]= Sahne / Sahnerzeugnisse, [P]= Sahne / Sahnerzeugnisse, [Q]= Sahne / Sahnerzeugnisse, [R]= Sahne / Sahnerzeugnisse, [S]= Sahne / Sahnerzeugnisse, [T]= Sahne / Sahnerzeugnisse, [U]= Sahne / Sahnerzeugnisse, [V]= Sahne / Sahnerzeugnisse, [W]= Sahne / Sahnerzeugnisse, [X]= Sahne / Sahnerzeugnisse, [Y]= Sahne / Sahnerzeugnisse, [Z]= Sahne / Sahnerzeugnisse  
 Hb= Panarus, Hc= Panarus, Hd= Macadamianus, He= Macadamianus, Hf= Macadamianus, Hg= Macadamianus, Hh= Macadamianus, Hi= Macadamianus, Hj= Macadamianus, Hk= Macadamianus, Hl= Macadamianus, Hm= Macadamianus, Hn= Macadamianus, Ho= Macadamianus, Hp= Macadamianus, Hq= Macadamianus, Hr= Macadamianus, Hs= Macadamianus, Ht= Macadamianus, Hu= Macadamianus, Hv= Macadamianus, Hw= Macadamianus, Hx= Macadamianus, Hy= Macadamianus, Hz= Macadamianus  
 G= Geflügel, We= Wild, V= Vegetarisch, L= Lamm, A= Alle Menüs sind mit jodiertem Salz zubereitet. Alle Menüs mit glutenhaltigem Getreide werden ausschließlich mit Weizen zubereitet, ausgenommen werden gesondert gekennzeichnet. BE= Wert ergibt sich aus dem Gesamtgewicht einer Erwachsenen Portion.