

Speiseplan 8. KW

| Montag, 19.02.24 | Dienstag, 20.02.24 | Mittwoch, 21.02.24 | Donnerstag, 22.02.24 | Freitag, 23.02.24 | Samstag, 24.02.24 | Sonntag, 25.02.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--------------------|----------------------|-------------------|-------------------|-------------------|--------|--------|--|--|-------|---------|--------|--|--|---|---|----------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|----------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|----------|-------|---------|--------|--------|--------|--|--|-------|-------|---------|--------|--|---|---|----------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|
| Gut Bürgerlich herzhaft & beliebt M1 rot | Mini-Hacksteaks in Bratensauce dazu bunte Bohnen und Salzkartoffeln <table border="1"> <tr> <td>S</td> <td>A1,C,I,1,5</td> <td>438kj</td> <td>1,1 g.F</td> <td>1,2 ZU</td> <td>1,8 SA</td> <td>4,5 BE</td> </tr> <tr> <td></td> <td></td> <td>2,7 F</td> <td>10,0 KH</td> <td>6,0 EW</td> <td></td> <td></td> </tr> </table> | S | A1,C,I,1,5 | 438kj | 1,1 g.F | 1,2 ZU | 1,8 SA | 4,5 BE | | | 2,7 F | 10,0 KH | 6,0 EW | | | Heisse Fleischwurst mit Sauerkraut und Püree <table border="1"> <tr> <td>S</td> <td>A1,G,4,5</td> <td>485kj</td> <td>0,7 g.F</td> <td>1,7 ZU</td> <td>1,2 SA</td> <td>4,1 BE</td> </tr> <tr> <td></td> <td></td> <td>7,0 F</td> <td>8,9 KH</td> <td>3,5 EW</td> <td></td> <td></td> </tr> </table> | S | A1,G,4,5 | 485kj | 0,7 g.F | 1,7 ZU | 1,2 SA | 4,1 BE | | | 7,0 F | 8,9 KH | 3,5 EW | | | Gemüseintopf mit Hühnerfleisch <table border="1"> <tr> <td>G</td> <td>A1,I</td> <td>305kj</td> <td>0,4 g.F</td> <td>0,9 ZU</td> <td>0,6 SA</td> <td>4,9 BE</td> </tr> <tr> <td></td> <td></td> <td>1,7 F</td> <td>10,5 KH</td> <td>3,5 EW</td> <td></td> <td></td> </tr> </table> | G | A1,I | 305kj | 0,4 g.F | 0,9 ZU | 0,6 SA | 4,9 BE | | | 1,7 F | 10,5 KH | 3,5 EW | | | Geflügel-Schschlikpfanne mit Zwiebeln und Paprika dazu Reis <table border="1"> <tr> <td>G</td> <td>A1,F,I,3</td> <td>417kj</td> <td>0,4 g.F</td> <td>1,9 ZU</td> <td>1,1 SA</td> <td>5,9 BE</td> </tr> <tr> <td></td> <td></td> <td>1,4 F</td> <td>15,7 KH</td> <td>5,7 EW</td> <td></td> <td></td> </tr> </table> | G | A1,F,I,3 | 417kj | 0,4 g.F | 1,9 ZU | 1,1 SA | 5,9 BE | | | 1,4 F | 15,7 KH | 5,7 EW | | | Wiener Würstchen mit Sauerkraut und Petersilienkartoffeln <table border="1"> <tr> <td>S</td> <td>A1,G,I,1</td> <td>398kj</td> <td>1,7 g.F</td> <td>1,8 ZU</td> <td>2,2 SA</td> <td>4,8 BE</td> </tr> <tr> <td></td> <td></td> <td>2,5,9</td> <td>4,1 F</td> <td>10,2 KH</td> <td>3,3 EW</td> <td></td> </tr> </table> | S | A1,G,I,1 | 398kj | 1,7 g.F | 1,8 ZU | 2,2 SA | 4,8 BE | | | 2,5,9 | 4,1 F | 10,2 KH | 3,3 EW | | Herzhafter Kasselernacken in Apfelsauce mit Rotkohl und Kartoffeln <table border="1"> <tr> <td>S</td> <td>A1,I,2,5</td> <td>304kj</td> <td>0,9 g.F</td> <td>1,9 ZU</td> <td>1,7 SA</td> <td>4,0 BE</td> </tr> <tr> <td></td> <td></td> <td>2,4 F</td> <td>8,5 KH</td> <td>3,9 EW</td> <td></td> <td></td> </tr> </table> | S | A1,I,2,5 | 304kj | 0,9 g.F | 1,9 ZU | 1,7 SA | 4,0 BE | | | 2,4 F | 8,5 KH | 3,9 EW | | | Gefüllte Hackfleischrolle in Rahmsauce mit herzhaftem Rübengemüse und Nudeln <table border="1"> <tr> <td>S</td> <td>A1,G,I,3,9</td> <td>487kj</td> <td>1,6 g.F</td> <td>1,3 ZU</td> <td>1,4 SA</td> <td>6,0 BE</td> </tr> <tr> <td></td> <td></td> <td>4,7 F</td> <td>13,5 KH</td> <td>4,6 EW</td> <td></td> <td></td> </tr> </table> | S | A1,G,I,3,9 | 487kj | 1,6 g.F | 1,3 ZU | 1,4 SA | 6,0 BE | | | 4,7 F | 13,5 KH | 4,6 EW | | |
| S | A1,C,I,1,5 | 438kj | 1,1 g.F | 1,2 ZU | 1,8 SA | 4,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,7 F | 10,0 KH | 6,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,4,5 | 485kj | 0,7 g.F | 1,7 ZU | 1,2 SA | 4,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 7,0 F | 8,9 KH | 3,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,I | 305kj | 0,4 g.F | 0,9 ZU | 0,6 SA | 4,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,7 F | 10,5 KH | 3,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,F,I,3 | 417kj | 0,4 g.F | 1,9 ZU | 1,1 SA | 5,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,4 F | 15,7 KH | 5,7 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,1 | 398kj | 1,7 g.F | 1,8 ZU | 2,2 SA | 4,8 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,5,9 | 4,1 F | 10,2 KH | 3,3 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,I,2,5 | 304kj | 0,9 g.F | 1,9 ZU | 1,7 SA | 4,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,4 F | 8,5 KH | 3,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,3,9 | 487kj | 1,6 g.F | 1,3 ZU | 1,4 SA | 6,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4,7 F | 13,5 KH | 4,6 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|--|---|-------|------------|--------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|----------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|----------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|---|---|------------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|---|---|------------|-------|---------|--------|--------|--------|--|--|-----|-------|--------|--------|--|--|---|----------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|--------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|
| Diabetikerkost brennwertkontrolliert wahlweise püriert M2 blau | Geflügelleber in Zwiebel-Apfel-Sauce mit Kartoffelpüree und Möhrengemüse <table border="1"> <tr> <td>G</td> <td>A1,G,I,5,9</td> <td>308kj</td> <td>0,8 g.F</td> <td>2,5 ZU</td> <td>0,7 SA</td> <td>3,7 BE</td> </tr> <tr> <td></td> <td></td> <td>2,1 F</td> <td>7,8 KH</td> <td>5,5 EW</td> <td></td> <td></td> </tr> </table> | G | A1,G,I,5,9 | 308kj | 0,8 g.F | 2,5 ZU | 0,7 SA | 3,7 BE | | | 2,1 F | 7,8 KH | 5,5 EW | | | Schweinegulasch in Kräuterrahmsauce dazu buntes Gemüse und Kartoffeln <table border="1"> <tr> <td>S</td> <td>A1,G,I,9</td> <td>323kj</td> <td>0,2 g.F</td> <td>1,2 ZU</td> <td>1,6 SA</td> <td>3,9 BE</td> </tr> <tr> <td></td> <td></td> <td>1,6 F</td> <td>8,6 KH</td> <td>6,1 EW</td> <td></td> <td></td> </tr> </table> | S | A1,G,I,9 | 323kj | 0,2 g.F | 1,2 ZU | 1,6 SA | 3,9 BE | | | 1,6 F | 8,6 KH | 6,1 EW | | | Bratwurst in Sauce mit feinem Mischgemüse und Kartoffeln <table border="1"> <tr> <td>S</td> <td>A1,G,I,9</td> <td>433kj</td> <td>2,3 g.F</td> <td>1,4 ZU</td> <td>1,8 SA</td> <td>3,7 BE</td> </tr> <tr> <td></td> <td></td> <td>6,1 F</td> <td>8,0 KH</td> <td>3,7 EW</td> <td></td> <td></td> </tr> </table> | S | A1,G,I,9 | 433kj | 2,3 g.F | 1,4 ZU | 1,8 SA | 3,7 BE | | | 6,1 F | 8,0 KH | 3,7 EW | | | Fischfilet (natur) auf feiner Kräuterbutter dazu Brokkoligemüse und Salzkartoffeln <table border="1"> <tr> <td>F</td> <td>A1,D,G,I,9</td> <td>307kj</td> <td>0,9 g.F</td> <td>1,3 ZU</td> <td>1,5 SA</td> <td>3,8 BE</td> </tr> <tr> <td></td> <td></td> <td>1,9 F</td> <td>8,5 KH</td> <td>5,0 EW</td> <td></td> <td></td> </tr> </table> | F | A1,D,G,I,9 | 307kj | 0,9 g.F | 1,3 ZU | 1,5 SA | 3,8 BE | | | 1,9 F | 8,5 KH | 5,0 EW | | | Gekochte Eier in Senfsauce mit Kräuterpüree dazu Sellerie-Möhrensalat <table border="1"> <tr> <td>V</td> <td>A1,C,G,I,1</td> <td>383kj</td> <td>1,0 g.F</td> <td>2,3 ZU</td> <td>0,7 SA</td> <td>4,3 BE</td> </tr> <tr> <td></td> <td></td> <td>5,9</td> <td>4,2 F</td> <td>9,3 KH</td> <td>3,4 EW</td> <td></td> </tr> </table> | V | A1,C,G,I,1 | 383kj | 1,0 g.F | 2,3 ZU | 0,7 SA | 4,3 BE | | | 5,9 | 4,2 F | 9,3 KH | 3,4 EW | | Klassischer Möhreintopf mit pikanter Rinderfrikadelle <table border="1"> <tr> <td>R</td> <td>A1,C,I,5</td> <td>341kj</td> <td>1,2 g.F</td> <td>2,3 ZU</td> <td>0,5 SA</td> <td>4,4 BE</td> </tr> <tr> <td></td> <td></td> <td>2,9 F</td> <td>8,8 KH</td> <td>4,7 EW</td> <td></td> <td></td> </tr> </table> | R | A1,C,I,5 | 341kj | 1,2 g.F | 2,3 ZU | 0,5 SA | 4,4 BE | | | 2,9 F | 8,8 KH | 4,7 EW | | | Schweinebraten in milder Kümmel-Senf-Sauce mit Schwarzwurzelgemüse und Salzkartoffeln <table border="1"> <tr> <td>S</td> <td>A1,I,1</td> <td>295kj</td> <td>0,0 g.F</td> <td>1,2 ZU</td> <td>1,9 SA</td> <td>3,5 BE</td> </tr> <tr> <td></td> <td></td> <td>1,0 F</td> <td>7,8 KH</td> <td>5,8 EW</td> <td></td> <td></td> </tr> </table> | S | A1,I,1 | 295kj | 0,0 g.F | 1,2 ZU | 1,9 SA | 3,5 BE | | | 1,0 F | 7,8 KH | 5,8 EW | | |
| G | A1,G,I,5,9 | 308kj | 0,8 g.F | 2,5 ZU | 0,7 SA | 3,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,1 F | 7,8 KH | 5,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,9 | 323kj | 0,2 g.F | 1,2 ZU | 1,6 SA | 3,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,6 F | 8,6 KH | 6,1 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,9 | 433kj | 2,3 g.F | 1,4 ZU | 1,8 SA | 3,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6,1 F | 8,0 KH | 3,7 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | A1,D,G,I,9 | 307kj | 0,9 g.F | 1,3 ZU | 1,5 SA | 3,8 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,9 F | 8,5 KH | 5,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,C,G,I,1 | 383kj | 1,0 g.F | 2,3 ZU | 0,7 SA | 4,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5,9 | 4,2 F | 9,3 KH | 3,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,C,I,5 | 341kj | 1,2 g.F | 2,3 ZU | 0,5 SA | 4,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,9 F | 8,8 KH | 4,7 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,I,1 | 295kj | 0,0 g.F | 1,2 ZU | 1,9 SA | 3,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,0 F | 7,8 KH | 5,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|---|-------|---------|---------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-----|-------|---------|--------|--|--|---|----------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|----------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|---------|--------|--------|--|--|-------|---------|--------|--|--|
| Bunte Vielfalt Rund um die Welt. M3 rosa | Gefüllte Paprikaschote in Tomatensauce dazu Reis <table border="1"> <tr> <td>S</td> <td>A1,C,I</td> <td>924kj</td> <td>0,9 g.F</td> <td>2,4 ZU</td> <td>1,3 SA</td> <td>6,9 BE</td> </tr> <tr> <td></td> <td></td> <td>1,8 F</td> <td>14,7 KH</td> <td>3,9 EW</td> <td></td> <td></td> </tr> </table> | S | A1,C,I | 924kj | 0,9 g.F | 2,4 ZU | 1,3 SA | 6,9 BE | | | 1,8 F | 14,7 KH | 3,9 EW | | | Gebratene Fleischbällchen vom Rind in Chilisauce und Reis dazu Wachsbohnen-Salat <table border="1"> <tr> <td>R</td> <td>A1,C,I,1,3</td> <td>481kj</td> <td>0,9 g.F</td> <td>2,7 ZU</td> <td>1,5 SA</td> <td>7,0 BE</td> </tr> <tr> <td></td> <td></td> <td>2,7 F</td> <td>16,1 KH</td> <td>6,2 EW</td> <td></td> <td></td> </tr> </table> | R | A1,C,I,1,3 | 481kj | 0,9 g.F | 2,7 ZU | 1,5 SA | 7,0 BE | | | 2,7 F | 16,1 KH | 6,2 EW | | | Fischstäbchen mit Tomatensauce dazu Kartoffelpüree <table border="1"> <tr> <td>F</td> <td>A1,D,G,I,1</td> <td>418kj</td> <td>0,7 g.F</td> <td>2,1 ZU</td> <td>0,9 SA</td> <td>4,7 BE</td> </tr> <tr> <td></td> <td></td> <td>5,9</td> <td>3,7 F</td> <td>11,7 KH</td> <td>4,4 EW</td> <td></td> </tr> </table> | F | A1,D,G,I,1 | 418kj | 0,7 g.F | 2,1 ZU | 0,9 SA | 4,7 BE | | | 5,9 | 3,7 F | 11,7 KH | 4,4 EW | | Spirellis mit Tomaten-Schinkensauce dazu Rohkostsalat <table border="1"> <tr> <td>S</td> <td>A1,I,2,4</td> <td>410kj</td> <td>0,2 g.F</td> <td>2,2 ZU</td> <td>0,3 SA</td> <td>7,3 BE</td> </tr> <tr> <td></td> <td></td> <td>1,5 F</td> <td>16,5 KH</td> <td>4,0 EW</td> <td></td> <td></td> </tr> </table> | S | A1,I,2,4 | 410kj | 0,2 g.F | 2,2 ZU | 0,3 SA | 7,3 BE | | | 1,5 F | 16,5 KH | 4,0 EW | | | Hähnchenfleisch süß sauer mit Chinagemüse und Reis <table border="1"> <tr> <td>G</td> <td>A1,F,I,3</td> <td>406kj</td> <td>0,3 g.F</td> <td>2,3 ZU</td> <td>1,3 SA</td> <td>6,2 BE</td> </tr> <tr> <td></td> <td></td> <td>1,2 F</td> <td>16,3 KH</td> <td>4,9 EW</td> <td></td> <td></td> </tr> </table> | G | A1,F,I,3 | 406kj | 0,3 g.F | 2,3 ZU | 1,3 SA | 6,2 BE | | | 1,2 F | 16,3 KH | 4,9 EW | | | Linsen-Bolognese mit Vollkorn-Fusilli <table border="1"> <tr> <td>V</td> <td>A1,I</td> <td>385kj</td> <td>0,2 g.F</td> <td>1,9 ZU</td> <td>1,4 SA</td> <td>6,6 BE</td> </tr> <tr> <td></td> <td></td> <td>1,2 F</td> <td>15,8 KH</td> <td>3,9 EW</td> <td></td> <td></td> </tr> </table> | V | A1,I | 385kj | 0,2 g.F | 1,9 ZU | 1,4 SA | 6,6 BE | | | 1,2 F | 15,8 KH | 3,9 EW | | | Kaiserschmarrn mit Vanillesauce <table border="1"> <tr> <td>V</td> <td>A1,C,G,5,9</td> <td>645kj</td> <td>1,8 g.F</td> <td>12,1 ZU</td> <td>0,5 SA</td> <td>9,1 BE</td> </tr> <tr> <td></td> <td></td> <td>5,6 F</td> <td>21,7 KH</td> <td>4,0 EW</td> <td></td> <td></td> </tr> </table> | V | A1,C,G,5,9 | 645kj | 1,8 g.F | 12,1 ZU | 0,5 SA | 9,1 BE | | | 5,6 F | 21,7 KH | 4,0 EW | | |
| S | A1,C,I | 924kj | 0,9 g.F | 2,4 ZU | 1,3 SA | 6,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,8 F | 14,7 KH | 3,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,C,I,1,3 | 481kj | 0,9 g.F | 2,7 ZU | 1,5 SA | 7,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,7 F | 16,1 KH | 6,2 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | A1,D,G,I,1 | 418kj | 0,7 g.F | 2,1 ZU | 0,9 SA | 4,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5,9 | 3,7 F | 11,7 KH | 4,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,I,2,4 | 410kj | 0,2 g.F | 2,2 ZU | 0,3 SA | 7,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,5 F | 16,5 KH | 4,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,F,I,3 | 406kj | 0,3 g.F | 2,3 ZU | 1,3 SA | 6,2 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,2 F | 16,3 KH | 4,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,I | 385kj | 0,2 g.F | 1,9 ZU | 1,4 SA | 6,6 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,2 F | 15,8 KH | 3,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,C,G,5,9 | 645kj | 1,8 g.F | 12,1 ZU | 0,5 SA | 9,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5,6 F | 21,7 KH | 4,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|--|---|-------|---------|---------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-----|-------|---------|--------|--|--|---|--------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|--------------|-------|---------|--------|--------|--------|--|--|-------|-------|---------|--------|--|
| Gaumenfreude für Feinschmecker. M4 gold | Lummerbraten vom Schwein in herzhafter Sauce dazu feines Kaisergemüse und Kartoffeln <table border="1"> <tr> <td>S</td> <td>A1,I,5</td> <td>286kj</td> <td>0,1 g.F</td> <td>1,4 ZU</td> <td>1,7 SA</td> <td>3,6 BE</td> </tr> <tr> <td></td> <td></td> <td>1,1 F</td> <td>8,1 KH</td> <td>5,6 EW</td> <td></td> <td></td> </tr> </table> | S | A1,I,5 | 286kj | 0,1 g.F | 1,4 ZU | 1,7 SA | 3,6 BE | | | 1,1 F | 8,1 KH | 5,6 EW | | | Klassischer Sauerbraten in Rosinensauce mit Kartoffeln und Rotkohl <table border="1"> <tr> <td>R</td> <td>A1,5</td> <td>382kj</td> <td>0,2 g.F</td> <td>4,3 ZU</td> <td>2,0 SA</td> <td>5,3 BE</td> </tr> <tr> <td></td> <td></td> <td>1,5 F</td> <td>11,4 KH</td> <td>6,9 EW</td> <td></td> <td></td> </tr> </table> | R | A1,5 | 382kj | 0,2 g.F | 4,3 ZU | 2,0 SA | 5,3 BE | | | 1,5 F | 11,4 KH | 6,9 EW | | | Piccata Napoli zartes Geflügelschnitzel mit Tomatenspaghetti <table border="1"> <tr> <td>G</td> <td>A1,I</td> <td>556kj</td> <td>0,7 g.F</td> <td>1,7 ZU</td> <td>1,6 SA</td> <td>7,0 BE</td> </tr> <tr> <td></td> <td></td> <td>4,0 F</td> <td>17,8 KH</td> <td>6,0 EW</td> <td></td> <td></td> </tr> </table> | G | A1,I | 556kj | 0,7 g.F | 1,7 ZU | 1,6 SA | 7,0 BE | | | 4,0 F | 17,8 KH | 6,0 EW | | | Filettöpfchen Hähnchen und Schweinefilet in Pilzrahmsauce dazu Gemüse und Kartoffeln <table border="1"> <tr> <td>S</td> <td>A1,G,I,5,9</td> <td>272kj</td> <td>0,3 g.F</td> <td>1,4 ZU</td> <td>1,8 SA</td> <td>3,4 BE</td> </tr> <tr> <td></td> <td></td> <td>0,7 F</td> <td>7,6 KH</td> <td>6,1 EW</td> <td></td> <td></td> </tr> </table> | S | A1,G,I,5,9 | 272kj | 0,3 g.F | 1,4 ZU | 1,8 SA | 3,4 BE | | | 0,7 F | 7,6 KH | 6,1 EW | | | Hoki-Fischfilet paniert in leckerer Kräutersauce dazu feine Erbsen und Kartoffeln <table border="1"> <tr> <td>F</td> <td>A1,D,G,I,1</td> <td>392kj</td> <td>0,8 g.F</td> <td>1,6 ZU</td> <td>1,8 SA</td> <td>5,3 BE</td> </tr> <tr> <td></td> <td></td> <td>5,9</td> <td>2,5 F</td> <td>11,6 KH</td> <td>5,4 EW</td> <td></td> </tr> </table> | F | A1,D,G,I,1 | 392kj | 0,8 g.F | 1,6 ZU | 1,8 SA | 5,3 BE | | | 5,9 | 2,5 F | 11,6 KH | 5,4 EW | | Gebatene Hähnchenbrust in feiner Sauce mit Paprikakartoffeln und Blattspinat <table border="1"> <tr> <td>G</td> <td>A1,F,G,I,5,9</td> <td>383kj</td> <td>0,5 g.F</td> <td>1,6 ZU</td> <td>2,1 SA</td> <td>5,7 BE</td> </tr> <tr> <td></td> <td></td> <td>1,7 F</td> <td>11,8 KH</td> <td>6,9 EW</td> <td></td> <td></td> </tr> </table> | G | A1,F,G,I,5,9 | 383kj | 0,5 g.F | 1,6 ZU | 2,1 SA | 5,7 BE | | | 1,7 F | 11,8 KH | 6,9 EW | | | Grüne Tagliatelle mit Hack und Champignons in Sauerrahm <table border="1"> <tr> <td>R</td> <td>A1,C,F,G,I,1</td> <td>524kj</td> <td>2,3 g.F</td> <td>1,2 ZU</td> <td>2,2 SA</td> <td>4,8 BE</td> </tr> <tr> <td></td> <td></td> <td>1,4,9</td> <td>5,8 F</td> <td>11,5 KH</td> <td>6,4 EW</td> <td></td> </tr> </table> | R | A1,C,F,G,I,1 | 524kj | 2,3 g.F | 1,2 ZU | 2,2 SA | 4,8 BE | | | 1,4,9 | 5,8 F | 11,5 KH | 6,4 EW | |
| S | A1,I,5 | 286kj | 0,1 g.F | 1,4 ZU | 1,7 SA | 3,6 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,1 F | 8,1 KH | 5,6 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,5 | 382kj | 0,2 g.F | 4,3 ZU | 2,0 SA | 5,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,5 F | 11,4 KH | 6,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,I | 556kj | 0,7 g.F | 1,7 ZU | 1,6 SA | 7,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4,0 F | 17,8 KH | 6,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,5,9 | 272kj | 0,3 g.F | 1,4 ZU | 1,8 SA | 3,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 0,7 F | 7,6 KH | 6,1 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | A1,D,G,I,1 | 392kj | 0,8 g.F | 1,6 ZU | 1,8 SA | 5,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5,9 | 2,5 F | 11,6 KH | 5,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,F,G,I,5,9 | 383kj | 0,5 g.F | 1,6 ZU | 2,1 SA | 5,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,7 F | 11,8 KH | 6,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,C,F,G,I,1 | 524kj | 2,3 g.F | 1,2 ZU | 2,2 SA | 4,8 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,4,9 | 5,8 F | 11,5 KH | 6,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--|-------|--------------|---------|---------|--------|--------|--------|--|--|-----|-------|---------|--------|--|---|---|--------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|--------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|-----|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|
| Vegetarisch Fleischlos lecker. M5 grün | Maultaschen Vegetarisch in Tomatensauce mit geriebenem Käse und Möhren-Rohkostsalat <table border="1"> <tr> <td>V</td> <td>A1,C,G,I,1,1</td> <td>524kj</td> <td>2,2 g.F</td> <td>3,8 ZU</td> <td>1,5 SA</td> <td>7,4 BE</td> </tr> <tr> <td></td> <td></td> <td>5,9</td> <td>4,2 F</td> <td>15,9 KH</td> <td>5,6 EW</td> <td></td> </tr> </table> | V | A1,C,G,I,1,1 | 524kj | 2,2 g.F | 3,8 ZU | 1,5 SA | 7,4 BE | | | 5,9 | 4,2 F | 15,9 KH | 5,6 EW | | Bunte Tofu-Gemüsepfanne mit Kräutersauce und Karottenpüree <table border="1"> <tr> <td>V</td> <td>A1,F,G,I,5,9</td> <td>326kj</td> <td>0,8 g.F</td> <td>2,4 ZU</td> <td>0,4 SA</td> <td>4,4 BE</td> </tr> <tr> <td></td> <td></td> <td>2,2 F</td> <td>10,9 KH</td> <td>2,8 EW</td> <td></td> <td></td> </tr> </table> | V | A1,F,G,I,5,9 | 326kj | 0,8 g.F | 2,4 ZU | 0,4 SA | 4,4 BE | | | 2,2 F | 10,9 KH | 2,8 EW | | | Gebrautes Gemüse mit gelber Currysauce mit Reis <table border="1"> <tr> <td>V</td> <td>A1,F,G,I,5,9</td> <td>337kj</td> <td>0,3 g.F</td> <td>2,4 ZU</td> <td>1,1 SA</td> <td>6,4 BE</td> </tr> <tr> <td></td> <td></td> <td>0,8 F</td> <td>15,8 KH</td> <td>2,3 EW</td> <td></td> <td></td> </tr> </table> | V | A1,F,G,I,5,9 | 337kj | 0,3 g.F | 2,4 ZU | 1,1 SA | 6,4 BE | | | 0,8 F | 15,8 KH | 2,3 EW | | | Drillinge mit Schale dazu Schnittlauchquark <table border="1"> <tr> <td>V</td> <td>G,9</td> <td>360kj</td> <td>0,2 g.F</td> <td>3,8 ZU</td> <td>0,6 SA</td> <td>5,8 BE</td> </tr> <tr> <td></td> <td></td> <td>0,9 F</td> <td>12,5 KH</td> <td>6,1 EW</td> <td></td> <td></td> </tr> </table> | V | G,9 | 360kj | 0,2 g.F | 3,8 ZU | 0,6 SA | 5,8 BE | | | 0,9 F | 12,5 KH | 6,1 EW | | | Blumenkohl-Brokkoli-Auflauf mit feinen Kartoffelblättchen und Käse überbacken <table border="1"> <tr> <td>V</td> <td>A1,G,I,5,9</td> <td>370kj</td> <td>1,9 g.F</td> <td>1,5 ZU</td> <td>0,4 SA</td> <td>4,6 BE</td> </tr> <tr> <td></td> <td></td> <td>3,1 F</td> <td>10,1 KH</td> <td>4,2 EW</td> <td></td> <td></td> </tr> </table> | V | A1,G,I,5,9 | 370kj | 1,9 g.F | 1,5 ZU | 0,4 SA | 4,6 BE | | | 3,1 F | 10,1 KH | 4,2 EW | | |
| V | A1,C,G,I,1,1 | 524kj | 2,2 g.F | 3,8 ZU | 1,5 SA | 7,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5,9 | 4,2 F | 15,9 KH | 5,6 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,F,G,I,5,9 | 326kj | 0,8 g.F | 2,4 ZU | 0,4 SA | 4,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,2 F | 10,9 KH | 2,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,F,G,I,5,9 | 337kj | 0,3 g.F | 2,4 ZU | 1,1 SA | 6,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 0,8 F | 15,8 KH | 2,3 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | G,9 | 360kj | 0,2 g.F | 3,8 ZU | 0,6 SA | 5,8 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 0,9 F | 12,5 KH | 6,1 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,G,I,5,9 | 370kj | 1,9 g.F | 1,5 ZU | 0,4 SA | 4,6 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3,1 F | 10,1 KH | 4,2 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--|-------|--------------|---------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|--------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|---|---|-------------|-------|---------|--------|--------|--------|--|--|-------|--------|--------|--|--|---|---|----------|-------|---------|--------|--------|--------|--|--|-------|-------|---------|--------|--|
| Eintopf & Pasta Einfach gut! M6 gelb | Spaghetti Bolognese dazu Gurkensalat <table border="1"> <tr> <td>R</td> <td>A1,C,F,I,1,1</td> <td>493kj</td> <td>0,9 g.F</td> <td>2,0 ZU</td> <td>1,1 SA</td> <td>7,6 BE</td> </tr> <tr> <td></td> <td></td> <td>3,4 F</td> <td>16,8 KH</td> <td>4,8 EW</td> <td></td> <td></td> </tr> </table> | R | A1,C,F,I,1,1 | 493kj | 0,9 g.F | 2,0 ZU | 1,1 SA | 7,6 BE | | | 3,4 F | 16,8 KH | 4,8 EW | | | Pichelsteiner Eintopf mit frischem Gemüse und Rindfleischinlage <table border="1"> <tr> <td>R</td> <td>A1,I,5</td> <td>283kj</td> <td>0,5 g.F</td> <td>0,8 ZU</td> <td>1,2 SA</td> <td>4,1 BE</td> </tr> <tr> <td></td> <td></td> <td>1,6 F</td> <td>9,0 KH</td> <td>4,0 EW</td> <td></td> <td></td> </tr> </table> | R | A1,I,5 | 283kj | 0,5 g.F | 0,8 ZU | 1,2 SA | 4,1 BE | | | 1,6 F | 9,0 KH | 4,0 EW | | | Grünkohlgemüse Bürgerlich mit Kartoffeln und Rinderfrikadelle <table border="1"> <tr> <td>R</td> <td>A1,C,I,1,5</td> <td>425kj</td> <td>1,1 g.F</td> <td>0,7 ZU</td> <td>1,9 SA</td> <td>5,1 BE</td> </tr> <tr> <td></td> <td></td> <td>2,9 F</td> <td>12,7 KH</td> <td>5,7 EW</td> <td></td> <td></td> </tr> </table> | R | A1,C,I,1,5 | 425kj | 1,1 g.F | 0,7 ZU | 1,9 SA | 5,1 BE | | | 2,9 F | 12,7 KH | 5,7 EW | | | Deftiger Erbseneintopf mit Wiener <table border="1"> <tr> <td>S</td> <td>G,I,1,2,5,9</td> <td>378kj</td> <td>1,6 g.F</td> <td>1,3 ZU</td> <td>1,5 SA</td> <td>4,1 BE</td> </tr> <tr> <td></td> <td></td> <td>4,1 F</td> <td>8,4 KH</td> <td>4,2 EW</td> <td></td> <td></td> </tr> </table> | S | G,I,1,2,5,9 | 378kj | 1,6 g.F | 1,3 ZU | 1,5 SA | 4,1 BE | | | 4,1 F | 8,4 KH | 4,2 EW | | | Rheinischer Kartoffeleintopf mit Kasseler und frischem Porree <table border="1"> <tr> <td>S</td> <td>A1,G,I,1</td> <td>300kj</td> <td>0,6 g.F</td> <td>0,9 ZU</td> <td>0,8 SA</td> <td>4,7 BE</td> </tr> <tr> <td></td> <td></td> <td>2,5,9</td> <td>1,3 F</td> <td>10,3 KH</td> <td>4,3 EW</td> <td></td> </tr> </table> | S | A1,G,I,1 | 300kj | 0,6 g.F | 0,9 ZU | 0,8 SA | 4,7 BE | | | 2,5,9 | 1,3 F | 10,3 KH | 4,3 EW | |
| R | A1,C,F,I,1,1 | 493kj | 0,9 g.F | 2,0 ZU | 1,1 SA | 7,6 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3,4 F | 16,8 KH | 4,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,I,5 | 283kj | 0,5 g.F | 0,8 ZU | 1,2 SA | 4,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,6 F | 9,0 KH | 4,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | A1,C,I,1,5 | 425kj | 1,1 g.F | 0,7 ZU | 1,9 SA | 5,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,9 F | 12,7 KH | 5,7 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | G,I,1,2,5,9 | 378kj | 1,6 g.F | 1,3 ZU | 1,5 SA | 4,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4,1 F | 8,4 KH | 4,2 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,G,I,1 | 300kj | 0,6 g.F | 0,9 ZU | 0,8 SA | 4,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,5,9 | 1,3 F | 10,3 KH | 4,3 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--|---------|------------|---------|---------|--------|--------|--------|--|--|---------|--------|---------|--------|--|--|---|-------------|-------|---------|--------|--------|--------|--|--|---------|-------|--------|--------|--|---|---|------------|-------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|---------|--------|---------|--------|--|---|---|---------|-------|---------|--------|--------|--------|--|--|---------|-------|--------|--------|--|
| Salat & Co. kalt serviert. M7 lila | Paniertes Schweineschnitzel mit Kartoffelsalat und Senf <table border="1"> <tr> <td>S</td> <td>A1,C,G,I,1</td> <td>738kj</td> <td>4,2 g.F</td> <td>2,6 ZU</td> <td>0,5 SA</td> <td>4,5 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>10,1 F</td> <td>13,3 KH</td> <td>8,0 EW</td> <td></td> </tr> </table> | S | A1,C,G,I,1 | 738kj | 4,2 g.F | 2,6 ZU | 0,5 SA | 4,5 BE | | | 2,3,5,9 | 10,1 F | 13,3 KH | 8,0 EW | | Thunfischsalat nach Art des Hauses mit frischen Salaten dazu French-Dressing <table border="1"> <tr> <td>F</td> <td>C,D,G,I,1,1</td> <td>489kj</td> <td>1,3 g.F</td> <td>2,2 ZU</td> <td>0,4 SA</td> <td>1,3 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>3,3 F</td> <td>4,8 KH</td> <td>6,8 EW</td> <td></td> </tr> </table> | F | C,D,G,I,1,1 | 489kj | 1,3 g.F | 2,2 ZU | 0,4 SA | 1,3 BE | | | 2,3,5,9 | 3,3 F | 4,8 KH | 6,8 EW | | Caesar-Salat Blattsalate mit Mais, Hähnchenfleisch und Croutons dazu Cocktaildressing <table border="1"> <tr> <td>G</td> <td>A1,F,G,2,9</td> <td>475kj</td> <td>0,5 g.F</td> <td>1,8 ZU</td> <td>0,9 SA</td> <td>2,9 BE</td> </tr> <tr> <td></td> <td></td> <td>3,2 F</td> <td>10,8 KH</td> <td>9,8 EW</td> <td></td> <td></td> </tr> </table> | G | A1,F,G,2,9 | 475kj | 0,5 g.F | 1,8 ZU | 0,9 SA | 2,9 BE | | | 3,2 F | 10,8 KH | 9,8 EW | | | 2 Frikadellen mit Nudelsalat <table border="1"> <tr> <td>S</td> <td>A1,C,G,I,1</td> <td>942kj</td> <td>6,7 g.F</td> <td>0,8 ZU</td> <td>1,2 SA</td> <td>4,5 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>15,3 F</td> <td>14,0 KH</td> <td>8,4 EW</td> <td></td> </tr> </table> | S | A1,C,G,I,1 | 942kj | 6,7 g.F | 0,8 ZU | 1,2 SA | 4,5 BE | | | 2,3,5,9 | 15,3 F | 14,0 KH | 8,4 EW | | Elsässer-Salat Eisbergsalat, Radicchio und Chinakohl, Tomaten, Zwiebeln und Käsestreifen, dazu Essig-Öl-Dressing <table border="1"> <tr> <td>V</td> <td>C,G,I,1</td> <td>446kj</td> <td>2,0 g.F</td> <td>2,5 ZU</td> <td>0,4 SA</td> <td>1,3 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>6,0 F</td> <td>4,2 KH</td> <td>2,3 EW</td> <td></td> </tr> </table> | V | C,G,I,1 | 446kj | 2,0 g.F | 2,5 ZU | 0,4 SA | 1,3 BE | | | 2,3,5,9 | 6,0 F | 4,2 KH | 2,3 EW | |
| S | A1,C,G,I,1 | 738kj | 4,2 g.F | 2,6 ZU | 0,5 SA | 4,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 10,1 F | 13,3 KH | 8,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | C,D,G,I,1,1 | 489kj | 1,3 g.F | 2,2 ZU | 0,4 SA | 1,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 3,3 F | 4,8 KH | 6,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G | A1,F,G,2,9 | 475kj | 0,5 g.F | 1,8 ZU | 0,9 SA | 2,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3,2 F | 10,8 KH | 9,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,C,G,I,1 | 942kj | 6,7 g.F | 0,8 ZU | 1,2 SA | 4,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 15,3 F | 14,0 KH | 8,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | C,G,I,1 | 446kj | 2,0 g.F | 2,5 ZU | 0,4 SA | 1,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 6,0 F | 4,2 KH | 2,3 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|---|---------|---------|---------|---------|---------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|---------|--------|--------|--|--|-------|---------|--------|--|--|---|---|----------|-------|---------|---------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|---------|--------|--------|--|--|-------|---------|--------|--|--|---|---|----------|-------|---------|---------|--------|---------|--|--|-------|---------|--------|--|--|---|---|-------|-------|---------|---------|--------|---------|--|--|-------|---------|--------|--|--|---|---|--------|-------|---------|--------|--------|---------|--|--|---------|--------|---------|--------|--|
| Süßer Schmaus Schlemmerfreude! M8 weiß | Milchreis mit heißen Kirschen <table border="1"> <tr> <td>V</td> <td>G,5,9</td> <td>601kj</td> <td>0,8 g.F</td> <td>14,6 ZU</td> <td>0,1 SA</td> <td>9,2 BE</td> </tr> <tr> <td></td> <td></td> <td>1,6 F</td> <td>22,1 KH</td> <td>2,5 EW</td> <td></td> <td></td> </tr> </table> | V | G,5,9 | 601kj | 0,8 g.F | 14,6 ZU | 0,1 SA | 9,2 BE | | | 1,6 F | 22,1 KH | 2,5 EW | | | Eierpfannkuchen gefüllt mit Heidelbeeren dazu Vanillesauce <table border="1"> <tr> <td>V</td> <td>A1,C,G,5,9</td> <td>490kj</td> <td>1,3 g.F</td> <td>10,9 ZU</td> <td>0,2 SA</td> <td>6,9 BE</td> </tr> <tr> <td></td> <td></td> <td>3,0 F</td> <td>19,5 KH</td> <td>3,2 EW</td> <td></td> <td></td> </tr> </table> | V | A1,C,G,5,9 | 490kj | 1,3 g.F | 10,9 ZU | 0,2 SA | 6,9 BE | | | 3,0 F | 19,5 KH | 3,2 EW | | | Griesflammeri Baden Baden mit Fruchtsoße <table border="1"> <tr> <td>V</td> <td>A1,G,5,9</td> <td>502kj</td> <td>1,1 g.F</td> <td>15,7 ZU</td> <td>0,1 SA</td> <td>9,1 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3 F</td> <td>21,7 KH</td> <td>2,8 EW</td> <td></td> <td></td> </tr> </table> | V | A1,G,5,9 | 502kj | 1,1 g.F | 15,7 ZU | 0,1 SA | 9,1 BE | | | 2,3 F | 21,7 KH | 2,8 EW | | | Germknödel mit Vanillesauce <table border="1"> <tr> <td>V</td> <td>A1,C,G,5,9</td> <td>695kj</td> <td>1,3 g.F</td> <td>13,1 ZU</td> <td>0,4 SA</td> <td>9,5 BE</td> </tr> <tr> <td></td> <td></td> <td>2,6 F</td> <td>31,3 KH</td> <td>4,0 EW</td> <td></td> <td></td> </tr> </table> | V | A1,C,G,5,9 | 695kj | 1,3 g.F | 13,1 ZU | 0,4 SA | 9,5 BE | | | 2,6 F | 31,3 KH | 4,0 EW | | | Sahnegrießbrei mit Waldfrüchten <table border="1"> <tr> <td>V</td> <td>A1,G,5,9</td> <td>555kj</td> <td>1,1 g.F</td> <td>18,8 ZU</td> <td>0,1 SA</td> <td>10,4 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3 F</td> <td>24,7 KH</td> <td>2,8 EW</td> <td></td> <td></td> </tr> </table> | V | A1,G,5,9 | 555kj | 1,1 g.F | 18,8 ZU | 0,1 SA | 10,4 BE | | | 2,3 F | 24,7 KH | 2,8 EW | | | Milchreis mit roter Grütze <table border="1"> <tr> <td>V</td> <td>G,5,9</td> <td>514kj</td> <td>0,7 g.F</td> <td>16,8 ZU</td> <td>0,1 SA</td> <td>10,2 BE</td> </tr> <tr> <td></td> <td></td> <td>1,5 F</td> <td>24,4 KH</td> <td>2,5 EW</td> <td></td> <td></td> </tr> </table> | V | G,5,9 | 514kj | 0,7 g.F | 16,8 ZU | 0,1 SA | 10,2 BE | | | 1,5 F | 24,4 KH | 2,5 EW | | | Heißer Apfelstrudel mit Vanillesauce <table border="1"> <tr> <td>V</td> <td>A1,G,1</td> <td>876kj</td> <td>5,4 g.F</td> <td>9,5 ZU</td> <td>0,4 SA</td> <td>10,3 BE</td> </tr> <tr> <td></td> <td></td> <td>2,4,5,9</td> <td>11,1 F</td> <td>24,5 KH</td> <td>3,0 EW</td> <td></td> </tr> </table> | V | A1,G,1 | 876kj | 5,4 g.F | 9,5 ZU | 0,4 SA | 10,3 BE | | | 2,4,5,9 | 11,1 F | 24,5 KH | 3,0 EW | |
| V | G,5,9 | 601kj | 0,8 g.F | 14,6 ZU | 0,1 SA | 9,2 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,6 F | 22,1 KH | 2,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,C,G,5,9 | 490kj | 1,3 g.F | 10,9 ZU | 0,2 SA | 6,9 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3,0 F | 19,5 KH | 3,2 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,G,5,9 | 502kj | 1,1 g.F | 15,7 ZU | 0,1 SA | 9,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3 F | 21,7 KH | 2,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,C,G,5,9 | 695kj | 1,3 g.F | 13,1 ZU | 0,4 SA | 9,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,6 F | 31,3 KH | 4,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,G,5,9 | 555kj | 1,1 g.F | 18,8 ZU | 0,1 SA | 10,4 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3 F | 24,7 KH | 2,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | G,5,9 | 514kj | 0,7 g.F | 16,8 ZU | 0,1 SA | 10,2 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1,5 F | 24,4 KH | 2,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,G,1 | 876kj | 5,4 g.F | 9,5 ZU | 0,4 SA | 10,3 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,4,5,9 | 11,1 F | 24,5 KH | 3,0 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|--|--|---------|---------|---------|---------|--------|--------|--------|--|--|-------|---------|--------|--|--|--|---|------------|-------|---------|--------|--------|--------|--|--|---------|--------|--------|--------|--|---|---|------------|-------|---------|--------|--------|--------|--|--|---------|--------|--------|--------|--|---|---|------------|--------|---------|--------|--------|--------|--|--|-------|--------|---------|--------|--|--|---|-------------|-------|---------|--------|--------|--------|--|--|-----|--------|---------|--------|--|---|---|------------|-------|---------|--------|--------|--------|--|--|---------|--------|---------|--------|--|--|---|-----------|-------|---------|--------|--------|--------|--|--|-------|-------|---------|---------|--|
| Zum Abend kalt serviert. M9 braun | Herzhafter Rindfleischsalat mit Brot und Butter <table border="1"> <tr> <td>R</td> <td>A1,A2,3</td> <td>626kj</td> <td>3,7 g.F</td> <td>5,4 ZU</td> <td>1,0 SA</td> <td>3,7 BE</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> </tr> </table> | R | A1,A2,3 | 626kj | 3,7 g.F | 5,4 ZU | 1,0 SA | 3,7 BE | | | 7,3 F | 11,9 KH | 8,4 EW | | | Gyrosbraten mit Zaziki und Krautsalat <table border="1"> <tr> <td>S</td> <td>A1,C,G,I,1</td> <td>787kj</td> <td>3,9 g.F</td> <td>3,7 ZU</td> <td>1,3 SA</td> <td>1,5 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>15,2 F</td> <td>4,9 KH</td> <td>7,1 EW</td> <td></td> </tr> </table> | S | A1,C,G,I,1 | 787kj | 3,9 g.F | 3,7 ZU | 1,3 SA | 1,5 BE | | | 2,3,5,9 | 15,2 F | 4,9 KH | 7,1 EW | | Eiersalat mit Obstgarnitur und Weißbrot <table border="1"> <tr> <td>V</td> <td>A1,C,G,I,1</td> <td>751kj</td> <td>5,3 g.F</td> <td>2,4 ZU</td> <td>1,1 SA</td> <td>2,2 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>13,5 F</td> <td>7,8 KH</td> <td>6,6 EW</td> <td></td> </tr> </table> | V | A1,C,G,I,1 | 751kj | 5,3 g.F | 2,4 ZU | 1,1 SA | 2,2 BE | | | 2,3,5,9 | 13,5 F | 7,8 KH | 6,6 EW | | Sandwichteller - leckere Sandwiches (Toast belegt) mit verschiedenen Sorten Belag und Garnitur <table border="1"> <tr> <td>S</td> <td>A1,C,G,I,1</td> <td>1086kj</td> <td>7,0 g.F</td> <td>4,1 ZU</td> <td>1,2 SA</td> <td>5,1 BE</td> </tr> <tr> <td></td> <td></td> <td>2,5,9</td> <td>15,2 F</td> <td>20,7 KH</td> <td>9,5 EW</td> <td></td> </tr> </table> | S | A1,C,G,I,1 | 1086kj | 7,0 g.F | 4,1 ZU | 1,2 SA | 5,1 BE | | | 2,5,9 | 15,2 F | 20,7 KH | 9,5 EW | | Fischplatte nach Angebot mit Brot und Butter <table border="1"> <tr> <td>F</td> <td>A1,A2,D,G,1</td> <td>974kj</td> <td>6,2 g.F</td> <td>3,2 ZU</td> <td>2,2 SA</td> <td>3,5 BE</td> </tr> <tr> <td></td> <td></td> <td>3,9</td> <td>15,1 F</td> <td>14,0 KH</td> <td>9,9 EW</td> <td></td> </tr> </table> | F | A1,A2,D,G,1 | 974kj | 6,2 g.F | 3,2 ZU | 2,2 SA | 3,5 BE | | | 3,9 | 15,1 F | 14,0 KH | 9,9 EW | | Gebatene Fleischbällchen in Cocktailsauce mit Nudelsalat und Garnitur <table border="1"> <tr> <td>S</td> <td>A1,C,G,I,1</td> <td>915kj</td> <td>6,4 g.F</td> <td>1,7 ZU</td> <td>1,2 SA</td> <td>5,0 BE</td> </tr> <tr> <td></td> <td></td> <td>2,3,5,9</td> <td>14,7 F</td> <td>13,6 KH</td> <td>8,3 EW</td> <td></td> </tr> </table> | S | A1,C,G,I,1 | 915kj | 6,4 g.F | 1,7 ZU | 1,2 SA | 5,0 BE | | | 2,3,5,9 | 14,7 F | 13,6 KH | 8,3 EW | | Käseplatte Winzer Art mit Weintrauben und Garnitur dazu Butter und Mischbrot <table border="1"> <tr> <td>V</td> <td>A1,A2,G,1</td> <td>988kj</td> <td>3,9 g.F</td> <td>2,1 ZU</td> <td>1,6 SA</td> <td>6,0 BE</td> </tr> <tr> <td></td> <td></td> <td>4,5,9</td> <td>6,2 F</td> <td>32,5 KH</td> <td>10,8 EW</td> <td></td> </tr> </table> | V | A1,A2,G,1 | 988kj | 3,9 g.F | 2,1 ZU | 1,6 SA | 6,0 BE | | | 4,5,9 | 6,2 F | 32,5 KH | 10,8 EW | |
| R | A1,A2,3 | 626kj | 3,7 g.F | 5,4 ZU | 1,0 SA | 3,7 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 7,3 F | 11,9 KH | 8,4 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,C,G,I,1 | 787kj | 3,9 g.F | 3,7 ZU | 1,3 SA | 1,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 15,2 F | 4,9 KH | 7,1 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,C,G,I,1 | 751kj | 5,3 g.F | 2,4 ZU | 1,1 SA | 2,2 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 13,5 F | 7,8 KH | 6,6 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,C,G,I,1 | 1086kj | 7,0 g.F | 4,1 ZU | 1,2 SA | 5,1 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,5,9 | 15,2 F | 20,7 KH | 9,5 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | A1,A2,D,G,1 | 974kj | 6,2 g.F | 3,2 ZU | 2,2 SA | 3,5 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3,9 | 15,1 F | 14,0 KH | 9,9 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | A1,C,G,I,1 | 915kj | 6,4 g.F | 1,7 ZU | 1,2 SA | 5,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2,3,5,9 | 14,7 F | 13,6 KH | 8,3 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V | A1,A2,G,1 | 988kj | 3,9 g.F | 2,1 ZU | 1,6 SA | 6,0 BE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4,5,9 | 6,2 F | 32,5 KH | 10,8 EW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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Leichte Vollkost: vollwertig, magenschonend und bekömmlich.

Änderungen bleiben ausdrücklich vorbehalten. Nahrungangaben = Ca-Werte/ Menü ohne Salat, Dessert
 enthält: 1= Geschmacksverstärker, 2= Antioxidationsmittel, 3= Süßstoff, 4= Konservierungsstoff, 5= Fruchtsaft, 6= geschwärzt, 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]= Krabbler / Krebstiererezeugnisse, [C]= Eier / Eizuckererzeugnisse, [E]= Erdnüsse / Erdnusserezeugnisse, [F]= Soja / Sojaerzeugnisse, [G]= Getreide / Getreideerzeugnisse, [H]= Mandel / Mandelerzeugnisse, [I]= Haselnuss, [K]= Kakao, [L]= Laktose, [M]= Milch / Milchprodukte, [N]= Nüsse / Nusserezeugnisse, [O]= Obst / Obsterezeugnisse, [P]= Pflanzliche / Pflanzliche Erzeugnisse, [R]= Rind / Rindererzeugnisse, [S]= Schokolade / Schokoladeerzeugnisse, [T]= Triticale / Triticaleerzeugnisse,