

	Menu Lindenburg	Menu Sülz	Menu Grüngürtel vegan	Pastries
Mon 19.10	Chicken breast piccata a, a.1, g ☐ Tomato sauce ☐ Gnocchi c ☐ Mixed courgettes ☐ Fruit yoghurt g ☐	Beef goulash soup 2 ☐ Brown bread a, a.1, a.2 ☐ Orange ☐	Spicy falafels a, a.1 ☐ Tomato sauce ☐ Chickpea and vegetable stew a, a.1, i ☐ Apple sauce 3 ☐	Butter biscuits 6, a, a.1, c, g ☐
Tue 20.10	Quinoa and pea burger ☐ Mushroom cream sauce g ☐ Wholegrain rice ☐ Romanesco ☐ Fruit yoghurt g ☐	Rhine beef "Sauerbraten" roast j ☐ Beef gravy l ☐ Potatoes with parsley ☐ Red cabbage 3, 5, i ☐ Apple ☐	Wholegrain spaghetti a, a.1 ☐ bolognaise i, j ☐ Apple sauce 3 ☐	Lemon cake 6, a, a.1, c ☐
Wed 21.10	Lamb Curry 2, h, h.1 ☐ Basmati-lentil-rice ☐ Leaf spinach 2 ☐ Fruit yoghurt g ☐	Cod fillet a, a.1, d ☐ Dill sauce ☐ Rice ☐ Broccoli ☐ Pear ☐	Roast potatoes ☐ Vegetable stir-fry 2, i ☐ Creamed vegetable sauce f, i ☐ Apple sauce 3 ☐	Cream biscuit a, a.1, g ☐
Thu 22.10	Turkey steak ☐ Suprême sauce 3, g ☐ Potato gratin dauphinois 2, g ☐ Mixed vegetables ☐ Fruit yoghurt g ☐	Potato tortilla c, g, i ☐ Pepper sauce i ☐ Apple ☐	Lombardy jackfruit ragout i ☐ Wholegrain vegetable rice ☐ Apple sauce 3 ☐	Cherry biscuits a, a.1, c, g ☐
Fri 23.10	Redfish a, a.1 ☐ Mustard sauce i, j ☐ Boiled potatoes ☐ Broccoli ☐ Fruit yoghurt g ☐	Carrot stew i ☐ Chicken sausage 2, 3 ☐ Brown bread a, a.1, a.2 ☐ Kiwi ☐	Rocket and sweet potato fritters a, i ☐ Chive sauce i ☐ Mixed courgettes i ☐ Apple sauce 3 ☐	Shortbread cookies a, a.1 ☐
Sat 24.10	Chicken curry 1 ☐ Mie Noodles i ☐ Fruit yoghurt g ☐	Cauliflower bake 2, i ☐ Chive sauce f, i ☐ Pear ☐	Mushroom Goulash 2 ☐ Elbow Noodles ☐ Apple sauce 3 ☐	Marble cake 6, a, a.1, c ☐
Sun 25.10	Beef "Stroganoff" g, j ☐ Spätzle (egg pasta) a, a.1, c ☐ Mixed vegetables ☐ Fruit yoghurt g ☐	Fusilli a, a.1 ☐ Ratatouille vegetables 2 ☐ Parmesan ☐ Kiwi ☐	Ebly stew ☐ Herb dip 3, f ☐ Apple sauce 3 ☐	Lemon biscuits a, a.1, c, g ☐

Enjoy your meal!

1 = with colouring, 2 = with preservative, 3 = with anti-oxidants, 4 = with colouring, 5 = with sweetener, 6 = with phosphate, a = contains gluten, a.1 = namely wheat, a.2 = namely rye, c = contains egg and egg products, d = contains fish and fish products, e = contains peanuts and peanut products, f = contains soya (non-GM), g = contains milk and dairy products including lactose, h = contains nuts, h.1 = namely almonds, h.2 = namely hazelnuts, i = contains celery, k = contains sesame, j = contains mustard, l = contains sulfur dioxide / sulfites