

Wednesday, 29.03.2023

main course:	Stud.	Serv.	Gues.	Spec.	
Colourful veggie rice stir-fry with soy-yoghurt dip ^(3, 16, 18, f, i)	€ 2,40	€ 3,00	€ 3,70	€ 2,60	
Sliced apples in batter with vanilla mousse ^(1, 16, c, g, a1)	€ 2,70	€ 3,30	€ 4,00	€ 2,90	
Lasagne bolognese ^(1, 14, 16, c, g, i, a1)	€ 3,50	€ 4,10	€ 4,80	€ 3,70	  
Beefsteak with fresh herbs, mango-avocado cream and bell pepper and rocket leaves salad ^(1, 3, 14, 15, 16, 18, c, f, g, j, k, a1, a3)	€ 4,00	€ 4,60	€ 5,30	€ 4,20	

side dish:	Stud.	Serv.	Gues.	Spec.	
Cucumber salad (3,l)Rocket leaves dressing (1,3,9,15,c,f,g,i,l,a1)Herb marinade with sun-dried tomatoes (2,3,14,15,j,l)?Helena? farmer?s salad (3,6,14,15,16,g,j,l)Barley and oven vegetable salad (3,5,l,a3)Cabbage salad (3,l) ^(3, 6, 14, 15, 16, g, j, l)	€ 0,75	€ 0,80	€ 0,95	€ 0,75	
Cucumber salad (3,l)Rocket leaves dressing (1,3,9,15,c,f,g,i,l,a1)Herb marinade with sun-dried tomatoes (2,3,14,15,j,l)?Helena? farmer?s salad (3,6,14,15,16,g,j,l)Barley and oven vegetable salad (3,5,l,a3)Cabbage salad (3,l) ^(3, 5, l, a3)	€ 0,75	€ 0,80	€ 0,95	€ 0,75	
Lattice potatoes ^(3, a1)	€ 0,95	€ 1,00	€ 1,15	€ 0,95	

dessert:	Stud.	Serv.	Gues.	Spec.	
Almond milk rice with fresh fruit salad vegan ^(3, 8, 14, 16, 18, a4, h1)	€ 1,15	€ 1,20	€ 1,40	€ 1,15	

snacks, salads €/100g:	Stud.	Serv.	Gues.	Spec.	
Salad bar New Building (e.g)?Helena? farmer?s salad (3,6,14,15,16,g,j,l)Barley and oven vegetable salad (3,5,l,a3)Potato pockets (2,3,15,17,c,e,g,i,j)Rocket leaves dressing (1,3,9,15,c,f,g,i,l,a1)Herb marinade with sun-dried tomatoes (2,3,14,15,j,l)Oven-r ^(3, 6, 14, 15, 16, g, j, l)	€ 0,85	€ 0,95	€ 1,15	€ 0,85	
Salad bar New Building (e.g)?Helena? farmer?s salad (3,6,14,15,16,g,j,l)Barley and oven vegetable salad (3,5,l,a3)Potato pockets (2,3,15,17,c,e,g,i,j)Rocket leaves dressing (1,3,9,15,c,f,g,i,l,a1)Herb marinade with sun-dried tomatoes (2,3,14,15,j,l)Oven-r ^(3, 5, l, a3)	€ 0,85	€ 0,95	€ 1,15	€ 0,85	
Salad bar New Building (e.g)?Helena? farmer?s salad (3,6,14,15,16,g,j,l)Barley and oven vegetable salad (3,5,l,a3)Potato pockets (2,3,15,17,c,e,g,i,j)Rocket leaves dressing (1,3,9,15,c,f,g,i,l,a1)Herb marinade with sun-dried tomatoes (2,3,14,15,j,l)Oven-r ^(2, 3, 15, 17, c, e, g, i, j)	€ 0,85	€ 0,95	€ 1,15	€ 0,85	

Legend

Changes reserved

 Pork	 Poultry
 beef	 fish
 Lamb	 Shellfish
 game	 sustainably fished

 vegetarian
 Animal-derived
 vegan
 BIO

 homemade
 regional
 Kräuterküche

AOK  Healthy through the week Mensa-Vital a brand of the Studentenwerke

1) with colouring agent 2) with preserving agent 3) with antioxidant 4) with flavour enhancer 5) sulphured 6) blackened 7) waxed 8) with phosphate 9) with sweetener 10) contains a source of phenylalanine 11) may have a laxative effect if consumed in excess 12) contains caffeine 13) contains quinine 14) with acidifier 15) with thickener 16) Stabiliser 17) with alcohol 18) Acidity regulator a1) Wheat gluten a2) Rye gluten a3) Barley gluten a4) Oat gluten a5) Spelt gluten h1) Almonds h2) Hazelnuts h3) Walnuts h4) Cashew nuts h5) Pecan nuts h6) Brazil nuts h7) Pistachios h8) Macadamia nuts a) Cereals containing gluten b) Crustaceans and derived products c) Eggs and derived products d) Fish and derived products e)