## Menu: Kitchen, Frischraum

## Thursday, 30.03.2023



main course:	Stud.	Serv.	Gues.	Spec.	
Country-style potatoes with creamy herb quark <sup>(8, 15, g)</sup>	€ 2,40	€ 3,00	€ 3,70	€ 2,60	
Vegan potato vegetable stir-fry with soy (1, 2, 3, 4, 5, 14, 15, 16, f, a1, a4)	€ 2,70	€ 3,30	€ 4,00	€ 2,90	1
Sweet potato dish with pumpkin seeds and pea guacamole (3, 14)	€ 3,50	€ 4,10	€ 4,80	€ 3,70	1
Vegetable and pork loin strips with pan-fried spätzle (1, 14, 16, 18, c, f, g, i, a1, a3)	€ 3,50	€ 4,10	€ 4,80	€ 3,70	
Baked chicken in nut breading on a pea puree (3, 14, 16, 18, c, g, a1, h2)	€ 4,50	€ 5,10	€ 5,80	€ 4,70	$\checkmark$

dessert:	Stud.	Serv.	Gues.	Spec.	
Mascarpone espresso cream (12, 14, c, f, g, a1)	€ 1,15	€ 1,20	€ 1,40	€ 1,15	

snacks, salads €/100g:	Stud.	Serv.	Gues.	Spec.	
Salad bar New Building (e.g)Spring salad with couscous, quinoa, oven vegetables and turmeric dressing (1,3,5,f,j,l,a1)Thai crunch salad with peanut dressing (1,2,3,4,5,14,15,e,f,l,a1)Snack: Falafel (a1)Mustard yoghurt dressing (3,5,g,j,l)Pumpkin-seed mari (1,3,5,f,j,l,a1)	€ 0,85	€ 0,95	€ 1,15	€ 0,85	•
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Legend Changes reserved

Pork

Pork

Poultry

Vegetarian

Nomemade

Fish

Animal-derived

Fregional

Frauterküche

game

Poultry

Vegan

Kräuterküche

BIO

**AOK**⊕ Healthy through the week

Y 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) Peanuts and derived products f) Soya beans and derived products g) Milk and derived products h) Nuts i) Celery and derived products j) Mustard and derived products k) Sesame seeds and derived products () Sulphur dioxide and sulphites m) Lupin beans and derived products n) Molluscs and derived products