

Thursday, 30.03.2023

main course:	Stud.	Serv.	Gues.	Spec.	
Country-style potatoes with creamy herb quark ^(8, 15, g)	€ 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	
Sweet potato dish with pumpkin seeds and pea guacamole ^(3, 14)	€ 3,50	€ 4,10	€ 4,80	€ 3,70	
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 breeding on a pea puree ^(3, 14, 16, 18, c, g, a1, h2)	€ 4,50	€ 5,10	€ 5,80	€ 4,70	

side dish:	Stud.	Serv.	Gues.	Spec.	
Cucumber salad (3,l)Mustard yoghurt dressing (3,5,g,j,l)Pumpkin-seed marinade (3,5,l)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)Cabbage salad (^(1, 2, 3, 4, 5, 14, 15, e, f, i, l, a1)	€ 0,75	€ 0,80	€ 0,95	€ 0,75	
Cucumber salad (3,l)Mustard yoghurt dressing (3,5,g,j,l)Pumpkin-seed marinade (3,5,l)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)Cabbage salad (^(1, 3, 5, f, j, l, a1)	€ 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.	
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	
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, 2, 3, 4, 5, 14, 15, e, f, i, l, a1)	€ 0,85	€ 0,95	€ 1,15	€ 0,85	
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Legend

Changes reserved

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