

Wednesday, 29.03.2023

main course:	Stud.	Serv.	Gues.	Spec.	
Colourful veggie rice stir-fry with soy-yoghurt dip ^(3, 15, 16, 18, f, l)	€ 2,40	€ 3,00	€ 3,70	€ 2,60	
Asian-style curried stir-fried noodles, vegetarian ^(1, 2, 3, 4, 5, 14, 16, 17, f, i, k, a1)	€ 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	
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	
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	

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	

Legend

Changes reserved

 Pork	 Poultry	 vegetarian	 homemade
 beef	 fish	 Animal-derived	 regional
 Lamb	 Shellfish	 vegan	 Kräuterküche
 game	 sustainably fished	 BIO	

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) 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 l) Sulphur dioxide and sulphites m) Lupin beans and derived products n) Molluscs and derived products