

Hot Lunch Menu

September 2019



| Day | Date | International | Vegetarian | Dessert |
|-----|--------|--|---|-------------------------|
| Mon | 02.09. | Grilled vegetable with boulgour and tsatsiki (1,6) | | stracciatella quark (6) |
| Tue | 03.09. | Bratwurst (from poultry) with Sauerkraut and bread, mustard (1,6,10) | Vegetarian Bratwurst with Sauerkraut and bread, mustard (1,6,8,10) | fruit |
| Wed | 04.09. | Noodle soup, Kaiserschmarrn with apple sauce (1,6,7,9) | | fruit |
| Thu | 05.09. | Chicken schnitzel with potato salad and mixed salad, lemon wedge and ketchup (1,6) | Omelette with vegetable stuffing, mixed salad and dip (6,9) | fruit |
| Fri | 06.09. | Red vegetable curry with mixed rice and sugar snaps | | fruit |
| Mon | 09.09. | Lemon tagliatelle with herbed shrimp, tomato-cucumber salad (1,7) | Lemon tagliatelle with grilled cherry tomatoes, tomato-cucumber salad (1,7) | fruit |
| Tue | 10.09. | Rice stir-fry "Balkan style" with feta cheese and salad (1,6,10) | | fruit |
| Wed | 11.09. | Meat loaf with gravy and fried potatoes (1,6,7,9) | Cabbage roll with gravy and fried potatoes (1,6,7,8,9) | fruit |
| Thu | 12.09. | Summerly vegetable stew with crusty bread stick (1,3,4,5,6,7) | | strawberry yoghurt (6) |
| Fri | 13.09. | Potatoes with fresh herbed quark and bacon, carrot salad and fresh cress (6) | Potatoes with fresh herbed quark, carrot salad and fresh cress (6) | fruit |
| Mon | 16.09. | Colorful farfalle in spinach-feta cheese sauce and mixed salad (1,6,7) | | fruit |
| Tue | 17.09. | Curry sausage in tomato-curry sauce and twister fries (1,7,10) | Vegetarian curry sausage in tomato-curry sauce and twister fries (1,7,8,10) | fruit |
| Wed | 18.09. | Potato dumplings in vegetarian gravy with red cabbage (1,6,7,9) | | chocolate pudding (6) |
| Thu | 19.09. | Half day for students - no lunch | | |
| Fri | 20.09. | Boulgour-curry stir-fry with yoghurt sauce and salad (1,6,10) | | fruit |

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|-----|--------|--|---|------------------------------|
| Mon | 23.09. | Meat balls in tomato sauce, buttered rice and green beans (1,7,9) | Falafel in tomato sauce, buttered rice and green beans (7,10) | fruit |
| Tue | 24.09. | Butter dumplings in broth, potato fritters and apple sauce (1,6,7,9) | | fruit |
| Wed | 25.09. | Fish fingers with mashed potatoes, carrots and peas (1,6,7) | Cauliflower fritters with mashed potatoes, carrots and peas (1,6,7) | fruit |
| Thu | 26.09. | Mezzalune in sage-butter-sauce and salad on the side (1,6,7,9) | | Panna cotta with fruit puree |
| Fri | 27.09. | Grilled chicken with potato salad and ketchup (7) | Stuffed zucchini with potato salad and dip (6,7) | fruit |
| Mon | 30.09. | Asian mee noodle stir-fry with soy sauce and salad (1,6,7,8,9) | | fruit |

Menu may be subject to change

Legend:

1 = wheat 2 = spelt 3 = rye 4 = barley 5 = oat 6 = milk 7 = celery 8 = soya 9 = egg 10 = mustard 11 = peanuts 12 = sesame 13 = lupine 14 = green spelt 15 = nuts