





















Speiseplan Mensa Friedrichshafen

our culinary offers from 29/11/2021 until 03/12/2021

	monday	tuesday	wednesday	thursday	friday
Menue I	 gnocchi pan with vegetables, poultry (25a,28,31) and salad	 Poultry meatball (25a,28) with basmati wok vegetable rice (25a,28,31,33) and dessert	 pork schnitzel (25a) with gravy, mixed carrots and peas and pasta (25a)	 swabian pasta with cheese with roastet onions (1,25a,25d,28,31) and salad	  coalfish filett "a la Bordelaise" (25a,26) with cream-cucumber-salad (28,31,34) an parsley potatoes
	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €
Menue II	 cannelloni with spinach-ricotta filling, tomato sauce and cheese au gratin (3, 25a,28,31,33,34) with salad	 two vegetable patty (25a,28) with basmati wok vegetable rice (25a,28,31,33) and dessert	 spinach strudel (25a,31) with gorgonzola sauce (31,33,34) and salad	 swabian pasta with cheese with roastet onions (1,25a,25d,28,31) and salad	 Coconut rice pudding with apple casserole and caramel sauce (1,2,3)
	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €	3,80 € 4,00 € 5,70 € 4,00 €

For any questions please contact our canteenmanager Sabine Reiserer. Phone +49 7531-978 2354 E-mail: sabine.reiserer@seezeit.com

Order of price quotation: students, staff, guests, pupils · Changes of our offer and the allergen labelling cannot be excluded. Please note our daily plans.

 pork,  = beef or veal  = vegetarian,  = lamb,  = fish,  = poultry,  = venison,  = vegan,  = better animal husbandry,

additives: 1) stain, 2) preservative, 3) antioxidant, 4) flavour enhancer, 5) sulphurated, 6) blackened, 7) waxed, 8) phosphate, 9) sweetener, 10) encloses a source of phenylalanine, 11) genetically modified, 12) encloses soya oil of genetically modified soya, 18) contains form meat, 19) contains alcohol, Allergens: 25) Cereal containing gluten: 25a) Wheat, 25b) Rye, 25c) Barley, 25d) Spelt, 25e) Oat, 25f) Kamut; 26) Fish; 27) Crustaceans (Shellfish); 28) Eggs; 29) Peanuts and Tree nut; 30) Soya bean products; 31) Milk, lactose; 32) Nuts: 32a) Almonds, 32b) Queensland nuts, 32c) Hazelnuts, 32d) Pecans, 32e) Brazil nuts, 32f) Macadamia nuts, 32g) Cashew nuts, 32h) Walnuts, 32i) Pistachios; 33) Celery; 34) Mustard; 35) Sesame; 36) Sulphur dioxide and sulfide over 10mg per kilo/liter; 37) Lupines; 38) Mollusk and similar products of 25 - 38 · We are certified according to the DE-eco-regulation and are constantly updated by the DE-ÖKO-005 control point.