

Speiseplan Mensa Friedrichshafen

our culinary offers from 04/03/2024 until 08/03/2024

monday


tuesday


wednesday


thursday



friday



Menue I

 roast pork with with spicy courgette pepper sauce and penne (25a) served with salad
4,10 € | 4,70 € | 6,70 €


 two poultry meatball (25a,28) with sweet chili sauce (9), asia vegetables (2,4, 25a,30,31,33) and basmati rice
4,10 € | 4,70 € | 6,70 €


 Chili con carne (33,34) with potatoes and salad
4,10 € | 4,70 € | 6,70 €


  swabian lentils with sausage (2,3,33,34,36) and spaetzle (25a,25d,28) served with dessert
4,10 € | 4,70 € | 6,70 €

  salad plate (33,34) with fillets of alaskan salmon in batter (25a,26,31,34) and lime dip (3,31)
4,10 € | 4,70 € | 6,70 €


Menue II

 penne (25a) with spicy courgette pepper sauce served with salad
4,10 € | 4,70 € | 6,70 €

 plant based meatballs (30) with sweet chili sauce (9), asia vegetables (2,4,25a,30, 31,33) and basmati rice
4,10 € | 4,70 € | 6,70 €

 vegetable lasagne (25a,31,33) and salad
4,10 € | 4,70 € | 6,70 €

 swabian lentils (33,34,36) with spaetzle (25a,25d,28) served with dessert
4,10 € | 4,70 € | 6,70 €

 rice pudding (31) with red fruit jelly
4,10 € | 4,70 € | 6,70 €

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.