



































Speiseplan Mensa Gießberg

our culinary offers from 27/03/2023 until 31/03/2023

	monday	tuesday	wednesday	thursday	friday
Seezeit-Teller	 chili con carne (34) sour cream (31) rice salad (cucumber, carrots, radishes) (36)	 spicy baked potatoes with herbed sour cream (3,31) and farmer's salad (white cabbage, carrot, yoghurt) (2,31,34,36) served with raspberries yoghurt (31)	 swabian lentils with poultry sausage (2,3,33,34,36) and spaetzle (25a,25d,28) served with fresh fruit	 bulgur-vegetable-pilaw with cashew nuts (25a,32g,33,34) and tomato salsa (3,34) served with salad (cabbage, radish) with mustard dressing (34,36)	 salmon tomato ragout (aubergine, peppers, courgettes) (26,31) with wholemeal rice and salad (cabbage, radish) with herbs-yoghurt-dressing (31,36)
	3,10 € 4,25 € 5,95 € 5,95 €	3,10 € 4,25 € 5,95 € 5,95 €	3,10 € 4,25 € 5,95 € 5,95 €	3,10 € 4,25 € 5,95 € 5,95 €	3,10 € 4,25 € 5,95 € 5,95 €
KombinierBar	 mediterranean tomato roll (25a,25e,34) with thyme sauce (33)	 fish sticks (25a,26) with tartar sauce (1,9,34)	 baked spring roll (25a,33) with apple ginger chutney (36)	 beef strips (beetroot, pepper, gherkin) (9,34)	 two vegetable patty (25a,28) with lime dip (2,31,36)
	1,60 € 2,55 € 4,25 € 4,25 €	1,60 € 2,55 € 4,25 € 4,25 €	1,60 € 2,55 € 4,25 € 4,25 €	1,60 € 2,55 € 4,25 € 4,25 €	1,60 € 2,55 € 4,25 € 4,25 €
side dishes	rosemary potatoes rice ratatouille (2) mixed salad with mustard dressing (34,36) hazelnut pudding (31,32c)	mashed potatoes (31) potato salad (33,34) creamed spinach (31,33,34) mixed salad with dark balsamic dressing (1,34,36) raspberries yoghurt (31)	vegetable rice noodles (2,4,25a,30) rice asia vegetables (2,4,25a,30,31,33) salad (cabbage, radish) with herb dressing (3,34,36) pudding with vanilla flavour (31)	mashed potatoes (31) pasta (25a) kohlrabi cream vegetables (31) salad (cabbage, radish) with mustard dressing (34,36) red fruit jelly	rice parsley potatoes spring vegetables (carrots, kohlrabi, peas) salad (cabbage, radish) with herbs-yoghurt-dressing (31,36) apple cinnamon curd (3,31)
	0,75 € 0,85 € 0,85 € 0,85 €	0,75 € 0,85 € 0,85 € 0,85 €	0,75 € 0,85 € 0,85 € 0,85 €	0,75 € 0,85 € 0,85 € 0,85 €	0,75 € 0,85 € 0,85 € 0,85 €
stew	 spanish chickpea stew with pepper sausage (1,2,3,4,8,33,34) served with div. bread (25a,25c)	 cheese cream soup with bacon croutons (1,2,3,25a,31,33,34) or without bacon croutons (25a) served with div. bread (25a,25c)	 goulash soup with potato and pepper (33,34) served with div. bread (25a,25c)	 spanish chickpea stew with pepper sausage (1,2,3,4,8,33,34) served with div. bread (25a,25c)	 cheese cream soup with bacon croutons (1,2,3,25a,31,33,34) or without bacon croutons (25a) served with div. bread (25a,25c)
	2,30 € 3,45 € 5,10 € 5,10 €	2,30 € 3,45 € 5,10 € 5,10 €	2,30 € 3,45 € 5,10 € 5,10 €	2,30 € 3,45 € 5,10 € 5,10 €	2,30 € 3,45 € 5,10 € 5,10 €
Al studente daily price	 pasta (25a) with beef tomato sauce (2,3,19,36)	 pasta (25a) with chicken curry coconut milk sauce (2,31,34)	 pasta (25a) with beef bolognese "Mexican" (2,3,33)	 pasta (25a) with beef tomato sauce (2,3,19,36)	 pasta (25a) with chicken curry coconut milk sauce (2,31,34)
Al studente vegetarisch daily price	 pasta (25a) with cheese sauce with sage (2,28,31,33,34)	 pasta (25a) with tomato basil sauce and capers (2,3)	 pasta (25a) with sunflower bolognese (33,34)	 pasta (25a) with cheese sauce with sage (2,28,31,33,34)	 pasta (25a) with tomato basil sauce and capers (2,3)

For any questions please contact our canteenmanager Steve Hug. Phone +49 7531-978 2320 E-mail: steve.hug@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.