

Speiseplan Mensa Gießberg

our culinary offers from 03/04/2023 until 07/04/2023

	monday	tuesday	wednesday	thursday	friday
Seezeit-Teller	spinach dumplings (25a,31) with tomato courgette sauce and shepherd's cheese (2,31,33,34) served with chocolate pudding	bami goreng with minced beef, vegetables (2,34) and mie-noodles (25a,28,35) served with salad (radicchio, carrots) with herb dressing (3,34,36)	tortellini with tomato-mozzarella filling (25a,28,31) und basil sauce (1, 31,33,34) dazu raw salad (courgette, peppers, onions, tomato, dressing) (36)	vegetable pan (paprika,broccoli,carrot) with vegetable coriander kebab (25c,25e), lemon dip (3,30,34) and wholemeal rice served with fresh fruit	closed
	3,50 € 4,70 € 6,70 € 6,70 €	3,50 € 4,70 € 6,70 € 6,70 €	3,50 € 4,70 € 6,70 € 6,70 €	3,50 € 4,70 € 6,70 € 6,70 €	3,50 € 4,70 € 6,70 € 6,70 €
KombinierBar	spanish meat balls "albondigas" (2,3,25a,28) with pepper tomato sauce (19,34,36)	baked camembert with cranberry and rocket-tomato-salad (25a,31)	chicken piccata (25a,31,37) with tomato sauce (3,33,34)	strips "Gyros style" (33,34) with tzatziki (3,31)	
	1,90 € 2,80 € 4,20 € 4,20 €	1,80 € 2,60 € 3,80 € 3,80 €	1,90 € 2,80 € 4,20 € 4,20 €	1,90 € 2,80 € 4,20 € 4,20 €	
side dishes	couscous (25a) parsley potatoes white beans salad (radicchio, carrots) with herb-yoghurt dressing (31,36) chocolate pudding	spicy baked potatos french fries spring vegetables (carrots, kohlrabi, peas) salad (radicchio, carrots) with herb dressing (3,34,36) pineapple yoghurt (31)	spaghetti (25a) spaetzle (25a,25d,28) courgette - corn vegetable mixed salad with herbs-yoghurt-dressing (31,36) caramel pudding (31)	potato wedges (25a) rice mixed vegetables (3) shepherd's salad (tomato, cucumber, feta) (3,6,31,36) greek yoghurt with honey (31)	
	0,80 € 0,90 € 1,00 € 1,00 €	0,80 € 0,90 € 1,00 € 1,00 €	0,80 € 0,90 € 1,00 € 1,00 €	0,80 € 0,90 € 1,00 € 1,00 €	
stew	lentil stew with potatoes and vienna sausages (2,3,8,30,33,34,36) served with div. bread (25a,25c)	tandoori soup with red lentils (33,34) served with div. bread (25a,25c)	lentil stew with potatoes and vienna sausages (2,3,8,30,33,34,36) served with div. bread (25a,25c)	tandoori soup with red lentils (33,34) 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 €	
AI stuDente daily price	pasta (25a) with beef vegetable bolognese (3,19,33,36)	pasta (25a) with turkey breast strips and ajvar-cream sauce (2,19,31,36)	pasta (25a) with beef vegetable bolognese (3,19,33,36)	pasta (25a) with turkey breast strips and ajvar-cream sauce (2,19,31,36)	closed
AI stuDente vegetarisch daily price	pasta (25a) with bami goreng and chili sauce (2,4,25a,30)	pasta (25a) with vegetable soy bolognese (30,33)	pasta (25a) with bami goreng and chili sauce (2,4,25a,30)	pasta (25a) with vegetable soy bolognese (30,33)	

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.