

Speiseplan Mensa HTWG

our culinary offers from 29/04/2024 until 03/05/2024

monday

tuesday

wednesday

thursday

friday

Seezeit-Teller

chickpea curry (coconut milk, leaf spinach, carrots) with bulgur (25a,33,34) served with oat yoghurt with apple pudding (25e,32a) 3,90 € | 5,20 € | 7,80 €

pasta casserole with organic beef (tomato, carrot, celery) (25a,31,33,34) and tomato sauce (33,34) served with fresh fruit 3,90 € | 5,20 € | 7,80 €

closed
3,90 € | 5,20 € | 7,80 €

five rosemary hash browns with chives tomato sour cream (31) and salad garnish (carrots, courgette, radish) (34,36) served with peach-passion fruit yoghurt (31) 3,90 € | 5,20 € | 7,80 €

coalfish filett "a la Bordelaise" (25a,26) with white wine sauce (19,31,36) and potato pan (cauliflower, broccoli, leek) served with carrot salad (36) 3,90 € | 5,20 € | 7,80 €

hin&weg

chili sin carne (33,34) with rice 3,30 € | 4,80 € | 6,60 €

bulgur pan with nuts (25a,32a,32h,33,34) and herbs sour cream (25e) 3,30 € | 4,80 € | 6,60 €

swabian lentils (33,34,36) with spaetzle (25a) 3,30 € | 4,80 € | 6,60 €

rice-based kibble (25a) with tartar sauce (1,9,34) and potato pan (pea, carrot) 3,30 € | 4,80 € | 6,60 €

KombinierBar

two rissoles (25a,31,33,34) with mushroom cream sauce (31) 2,10 € | 3,20 € | 4,40 €

cauliflower-cheese medaillon (25a,31) with thyme sauce (33) 1,90 € | 3,00 € | 4,00 €

indian curry 2,10 € | 3,20 € | 4,40 €

kale-hemp-balls with raw vegetable salad (beetroot, apple, celery) (3,9,33,34,36) 1,90 € | 3,00 € | 4,00 €

vegetables

courgette - corn vegetable 0,90 € | 1,00 € | 1,30 €

mixed vegetables (33,34) 0,90 € | 1,00 € | 1,30 €

asia vegetables (2,4,25a,30,31,33) 0,90 € | 1,00 € | 1,30 €

almond broccoli (32a) 0,90 € | 1,00 € | 1,30 €

side dishes

spaetzle (25a,25d,28) 0,90 € | 1,00 € | 1,30 €

fried potatoes 0,90 € | 1,00 € | 1,30 €

mie-noodles (25a,28) 0,90 € | 1,00 € | 1,30 €

rosemary potatoes 0,90 € | 1,00 € | 1,30 €

potato wedges (25a) 0,90 € | 1,00 € | 1,30 €

bread dumplings (25a,28) 0,90 € | 1,00 € | 1,30 €

Rice 0,90 € | 1,00 € | 1,30 €

bio penne (25a) 0,90 € | 1,00 € | 1,30 €

salad

mixed salad with herb dressing (34,36) 0,90 € | 1,00 € | 1,30 €

mixed salad with herbs-yoghurt-dressing (31,36) 0,90 € | 1,00 € | 1,30 €

salad (cabbage, radicchio) with herb dressing (34,36) 0,90 € | 1,00 € | 1,30 €

salad (cabbage, radicchio) with herbs-yoghurt-dressing (31,36) 0,90 € | 1,00 € | 1,30 €

tomato salad (36) 0,90 € | 1,00 € | 1,30 €

coleslaw salad (white cabbage, carrot) (34,36) 0,90 € | 1,00 € | 1,30 €

salad (paprika,corn,cucumber) (36) 0,90 € | 1,00 € | 1,30 €

carrot salad (36) 0,90 € | 1,00 € | 1,30 €

dessert

oat yoghurt with apple pudding (25e,32a) 0,90 € | 1,00 € | 1,30 €

fruit yoghurt with stracciatella flavour (31) 0,90 € | 1,00 € | 1,30 €

peach-passion fruit yoghurt (31) 0,90 € | 1,00 € | 1,30 €

pudding with vanilla flavour (31) 0,90 € | 1,00 € | 1,30 €

Pasta

Tagespreis

bio-pasta (25a) with lime and coconut turkey (2,4,25a,30,33,34,36)

bio-pasta (25a) with lime and coconut turkey (2,4,25a,30,33,34,36)

Pasta vegetarisch

Tagespreis

bio-pasta (25a) with spicy courgette pepper sauce

bio-pasta (25a) with spicy courgette pepper sauce

koeriwerk

veal curry sausage or vegan curry sausage (3) with sauce (33,34) and chips or baguette (25a) 3,80 € | 4,20 € | 4,60 €

veal curry sausage or vegan curry sausage (3) with sauce (33,34) and chips or baguette (25a) 3,80 € | 4,20 € | 4,60 €

For any questions please contact our canteenmanager Helmut Eberhardt. Phone +49 7531-978 2333 E-mail: helmut.eberhardt@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.