

Speiseplan Mensa Ravensburg

our culinary offers from 26/02/2024 until 01/03/2024

	monday	tuesday	wednesday	thursday	friday
Seezeit-Teller	chili con carne (organic beef, kidney beans, corn, peppers) (34) mit sour cream (31) und potato wedges (25a) dazu salad (cucumber, carrots, radishes) (36) 3,50 € 4,70 € 6,70 €	spicy baked potatoes with herbed sour cream (31) and salad garnish "farmer"s" (white cabbage, carrot, yoghurt) (2,31,34,36) served with raspberries yogurt (31) 3,50 € 4,70 € 6,70 €	swabian lentils (leek, carrot, celery) with poultry sausage (2,3,25a,33,34,36) and spaetzle (25a,25d,28) served with fresh fruit 3,50 € 4,70 € 6,70 €	bulgur pilaw with cashews (celery, carrots, peppers) (25a,32g,33,34) and tomato salsa (34) served with salad (cabbage, radicchio) with mustard dressing (34,36) 3,50 € 4,70 € 6,70 €	salmon tomato ragout (aubergine, peppers, courgettes) (26,31) with wholemeal rice and salad (cabbage, radicchio) with herbs-yoghurt-dressing (31,36) 3,50 € 4,70 € 6,70 €
KombinierBar	mediterranean tomato roll (25a,25e,34) with thyme sauce (33) 1,80 € 2,60 € 3,80 €	fish sticks (25a,26) with tartar sauce (1,9,34) 1,90 € 2,80 € 4,20 €	baked spring roll (25a,33,34) with apple ingwer chutney (36) 1,80 € 2,60 € 3,80 €	turkey strips in creamy mushroom sauce "Zurich style" (31) 1,90 € 2,80 € 4,20 €	two vegetable patty (25a,28) with lime dip (31,34) 1,80 € 2,60 € 3,80 €
Side Dishes	potato wedges (25a) ratatouille (2) salad dessert 0,80 € 0,90 € 1,00 €	mashed potatoes (31) creamed spinach (31,33,34) salad dessert 0,80 € 0,90 € 1,00 €	vegetable rice noodles (2,4,25a,30) asia vegetables (2,4,25a,30,31,33) salad dessert 0,80 € 0,90 € 1,00 €	rice vegetable rice noodles (2,4,25a,30) broccoli salad dessert 0,80 € 0,90 € 1,00 €	spicy baked potatoes root vegetables (33) salad dessert 0,80 € 0,90 € 1,00 €

For any questions please contact our canteenmanager Tino Haller. Phone +49 7531-978 2350 E-mail: Tino.Haller@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.