

# Speiseplan Mensa Ravensburg

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

monday

tuesday

wednesday




thursday


friday




### Seezeit-Teller

  vegetable pan (paprika, broccoli, carrot) with vegetable kebab with lemon dip (3,30,34) and wholemeal rice served with chocolate pudding  
3,50 € | 4,70 € | 6,70 €



  tortellini with tomato-mozzarella filling (25a,28,31) and basil sauce (1,31,33,34) served with raw salad (courgette, peppers, onions, tomato, dressing) (36)  
3,50 € | 4,70 € | 6,70 €


   bami goreng with bio beef (shitake, paprika, white cabbage) (2,34) and mie-noodles (25a,28,35) served with fresh fruit  
3,50 € | 4,70 € | 6,70 €

  fried gnocchi with cheese sage sauce (31,33,34) served with mixed salad with herb dressing (34,36)  
3,50 € | 4,70 € | 6,70 €



   fillets of alaskan salmon in batter (25a,26,31,34) with tartar sauce (1,9,34) and potato pan (pumpkin, carrot, leek) served with raw vegetable salad (carrot, apple, celery) (3,33,34,36)  
3,50 € | 4,70 € | 6,70 €


### KombinierBar

  strips "Gyros style" (33,34) with tzatziki (31)  
1,90 € | 2,80 € | 4,20 €

 chicken piccata (25a,31,37) with tomato sauce (33,34)  
1,90 € | 2,80 € | 4,20 €

 baked Camembert (25a,31) with cranberry-apple-almond dip (32a)  
1,80 € | 2,60 € | 3,80 €

  turkey strips "Thai style" (31)  
1,90 € | 2,80 € | 4,20 €

 stuffed cabbage roulade (25a,25d,28,30) with onion sauce (25a,34)  
1,80 € | 2,60 € | 3,80 €

### Side Dishes

potato wedges (25a) | mixed vegetables | salad | dessert  
0,80 € | 0,90 € | 1,00 €

bio penne (25a) | winter vegetables (pumpkin, leek, Brussels sprouts) | salad | dessert  
0,80 € | 0,90 € | 1,00 €










french fries | courgette - corn vegetable | salad | dessert  
0,80 € | 0,90 € | 1,00 €

basmati rice | mixed vegetables | salad | dessert  
0,80 € | 0,90 € | 1,00 €

spaetzle (25a) | green beans | 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.