




















	monday	tuesday	wednesday	thursday	friday	saturday
<b>Info</b>	Enjoy your meal and have a nice day!	Enjoy your meal and have a nice day!	Enjoy your meal and have a nice day!	Enjoy your meal and have a nice day!	Enjoy your meal and have a nice day!	Ab sofort gibt es wieder Kaffee, Tee und Kakao in der Mensa
<b>Menu 2</b>	VEGAN: Stir-fried eggplant with tomato, zucchini, chickpeas and bell pepper  2,30 €   3,40 €   4,15 €	VEGAN: Pasta bake with vegetables <sup>(AWE,F,I)</sup> with vegetable sauce <sup>(1,F,I)</sup>  2,30 €   3,40 €   4,15 €	Grilled kielbasa <sup>(2,3,4,8,F,I,J)</sup> with gravy <sup>(J)</sup>  2,30 €   3,40 €   4,15 €	VEGAN: Soy strips "chinese style" <sup>(A,F,I,J)</sup> with sweet and sour sauce <sup>(2)</sup>  2,30 €   3,40 €   4,15 €		
<b>Menu 2</b>			VEGAN: Lentil lasagna <sup>(AWE,I)</sup> with fennel bell pepper sauce <sup>(1,3)</sup>  2,95 €   4,15 €   5,30 €	Grilled chicken leg <sup>(J)</sup>  2,95 €   4,15 €   5,30 €	VEGAN: Sweet potato curry with carrots, bell pepper, cabbage and peanuts <sup>(E)</sup>  2,95 €   4,15 €   5,30 €	
<b>Menu 3</b>	Pork escalope "Cordon bleu" with ham and cheese filling <sup>(1,2,3,A,G,I)</sup> , cream sauce <sup>(G)</sup>  3,30 €   4,60 €   5,95 €	Saithe fillet "mediterranean style" with mixed vegetables <sup>(3,AWE,D)</sup>  3,30 €   4,60 €   5,95 €			Turkey medallion with curry fruit sauce <sup>(1)</sup>  3,30 €   4,60 €   5,95 €	
<b>Today at the action corner</b>	Manta-Platte Curry sausage <sup>(1,2,3,A,C,I)</sup> and french fries  3,10 €   4,35 €   4,95 €	Turkey steak on peanut sauce <sup>(AWE,E,G,C)</sup> , served with basmati rice and salad <sup>(I,J)</sup>  3,40 €   4,80 €   5,45 €	Burgundy roast of beef with red wine sauce <sup>(I)</sup>  2,85 €   4,00 €   4,55 €	Potato pancake Italian style with mediterranean vegetables  2,85 €   4,00 €   4,55 €		
<b>Tagesaktion</b>	Mixed vegetable dish <sup>(C,G,I)</sup>  2,85 €   4,00 €   4,55 €  x per side dish 0,65 €   0,90 €   1,15 €	Mixed vegetable dish <sup>(C,G,I)</sup>  2,85 €   4,00 €   4,55 €  x per side dish 0,65 €   0,90 €   1,15 €	Mixed vegetable dish <sup>(C,G,I)</sup>  2,85 €   4,00 €   4,55 €  x per side dish 0,65 €   0,90 €   1,15 €	bunter Gemüseteller C,G,I)  2,85 €   4,00 €   4,55 €  x per side dish 0,65 €   0,90 €   1,15 €	bunter Gemüseteller C,G,I)  2,85 €   4,00 €   4,55 €  x per side dish 0,65 €   0,90 €   1,15 €	

**Additional offers:** salad and dessert buffet in self-service, grill station with changing menu (subject to change)  
 Information on prices, additives, allergens and pictograms can be found in our leaflets or at [www.stw-muenster.de](http://www.stw-muenster.de) (subject to change)



# Speiseplan Mensa am Aasee

vom 21.10. bis 26.10.2019

monday

tuesday

wednesday

thursday

friday

saturday

**Daily Court**

Baked Potatoes with potato cream <sup>(2,C,G,I)</sup>



1,80 € | 2,55 € | 2,90 €

Baked Potatoes with potato cream <sup>(2,C,G,I)</sup>



1,80 € | 2,55 € | 2,90 €

Baked Potatoes with potato cream <sup>(2,C,G,I)</sup>



1,80 € | 2,55 € | 2,90 €

Baked Potatoes with potato cream <sup>(2,C,G,I)</sup>



1,80 € | 2,55 € | 2,90 €

Baked Potatoes with potato cream <sup>(2,C,G,I)</sup>



1,80 € | 2,55 € | 2,90 €

**Daily Court.**

"Köttbular" - Swedish meatballs <sup>(A,C,I,J)</sup> with cream sauce <sup>(G)</sup>, cranberry sauce and french fries



2,60 € | 3,65 € | 4,15 €

"Köttbular" - Swedish meatballs <sup>(A,C,I,J)</sup> with cream sauce <sup>(G)</sup>, cranberry sauce and french fries



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"Köttbular" - Swedish meatballs <sup>(A,C,I,J)</sup> with cream sauce <sup>(G)</sup>, cranberry sauce and french fries



2,60 € | 3,65 € | 4,15 €

x) mit 2 Beilagen  
2,45 € | 3,60 € | 4,40 €


**Daily Court.&nb-  
sp;.**

x mit 2 Beilagen  
2,45 € | 3,60 € | 4,40 €

**Daily Court.&nb-  
sp;.&nbsp;.&nbsp;.&nbsp;.**









x mit 2 Beilagen  
2,45 € | 3,60 € | 4,40 €

**Daily Court.&nb-  
sp;.&nbsp;.&nbsp;.&nbsp;.&nbsp;.**

x mit 2 Beilagen  
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**Additional offers:** salad and dessert buffet in self-service, grill station with changing menu (subject to change)  
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Additives	Allergenic	Symbols
1 with colorant	A includes gluten-containing cereals*	 with poultry
2 with preservative	ADI includes spelt*	 with beef
3 with antioxidizing	AGE includes barley*	 with pig
4 with flavor enhancer	AHA includes oats*	 with fish
5 sulphuretted	AKA includes kamut*	 vegetarian
6 blackened	ARO includes rye*	 vegan
7 waxed	AWE includes wheat*	 with alcohol
8 with phosphate	B includes crustaceans*	 bio products
9 with sweetening	C contains egg*	
10 contains phenylalanine	D contains fish*	
15 contains quinine	E contains peanut*	
16 contains caffeine	F contains soy*	
	G contains milk*	
	H containing shell fruits*	
	HMA containing almonds*	
	HHA containing hazelnuts*	
	HWA containing walnuts*	
	HCA containing cashews*	
	HPE containing pecan nuts*	
	HPA containing brazil nuts*	
	HPI containing pistachios*	
	HQU containing macadamia nuts*	
	I contains celery*	
	J contains mustard*	
	K contains sesame*	
	L containing lupine*	
	M includes molluscs*	
	N contains sulfur dioxide and sulphites	
	*or products thereof	

## Instructions

The information on the ingredients of the food is based on the information that we get from the manufacturers and suppliers of various food ingredients. Because the manufacturer rarely a product produced, it can never be entirely ruled out that shares are included from unlisted content materials in the products.

Furthermore it brings artisanal processing and treatment of food in kitchens with that in the reunification of the various food components inadvertent mix-can occur and connected to the junction, the transition low quantities of other materials, the allergies and intolerances may trigger.

For this reason, Allergy/note inside that offered in the Food beside the marked even more allergenic ingredients may be included.



we use iodized table salt



we do not use eggs from chickens caged



potatoes

from the region for the region



Dairy products



We are certified bio - control body DE-Öko-039