

Speiseplan Mensa am Ring

vom 07.04. bis 11.04.2025

tuesday wednesday thursday friday monday Smoked sausage from the Kielbasa from the region Thai mango curry Basmati **Speisenangebot** Cevapcici (A,AWE,C,J) TRice Pork escalope from the region from straw pig "Hof from the straw pig "Hof region from the Ameker rice with tomato with zaziki (G) May" with with sweet (J) straw pig "Hof May" with May" 71-Mashed potatoes (G) with cream cream sauce 2,85 € | 4,30 € 3,90 € | 5,85 € Spätzle (AWE,C) 2.05 € | 3.10 € Cabbage noodles with Ravioli pomodoro (AWE) with 3,90 € | 5,85 € Whole wheat pasta (AWE) smoked tofu (AWE,F) lemon sauce (G) 4,20 € | 6,30 € with vegetable bolognese Chickpea stew (3,4) with half a roll (AWE) with grated hard cheese (C,G) Spinach dumplings (AWE,C,G) 2,45 € | 3,70 € 2,60 € | 3,90 € with cheese leek sauce (1,2,G) Bulgur vegetable pan (AWE) Breaded plaice fillet (AWE) 2,60 € | 3,90 € 2,60 € | 3,90 € with vegan dip (AHA) with Remoulade (2,9,AWE,C,G,J) 3,10 € | 4,65 € Vegan kale stew (J) Nasi Goreng with soy stripes and Fried potatoes (AWE,F) Turkey sausage (1,2,3,4,8,F,I,J) 2,45 € | 3,70 € 1,80 € | 2,70 € 3,90 € | 5,85 € Mensa Burger with beef 2,45 € | 3,70 € Soy fricassee with asparagus patty (2,9,AWE,C,F,I,J,K) and Spätzle with bacon and and mushrooms (F,N) Gyros from the region from 1,40 € | 2,10 € cheese (A,AWE,C,G) french fries Rice the straw pig Hof May 71 Pea stew (I,J) with zaziki (G) with Coleslaw 4,45 € | 6,70 € 3,10 € | 4,65 € and french fries 2,60 € | 3,90 € Burger with vegetable 1,65 € | 2,50 € Chicken breast Piccata (AWE,G) potato patty (2,3,9,A,AWE,C,F,G,J,K) 4,70 € | 7,05 € Cauliflower and chickpea stir with French fries frv (AHA,HMA) with tomato cream sauce (G) Noodles (AWE) 4,20 € | 6,30 € 2,85 € | 4,30 € 3,65 € | 5,50 € Wrap with Chili con carne (AWE,G) or Chili sin Carne (AWE,F,G) with dip (G) 4,20 € | 6,30 €



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	monday	tuesday	wednesday	thursday	friday
Beilagen	Mixed vegetables (I) Rice with tomato Parisian potatoes green lettuce with cocktail dressing (2,AWE,C,G,J)	Mixed vegetables (1) Spätzle (AWE,C) Cress soup (F) Duchess potatoes (G) Side salad with balsamico dressing (1,J)	Rice Noodles (AWE) Broccoli cream soup (G) Cauliflower Romanesco Side salad with yoghurt dressing (G)	Wholegrain noodles (AWE) Mixed vegetables Carrot cream soup (1,G) Mashed potatoes (G) Iceberg lettuce Mustard vinegar sauce- (J,N)	Rice with kurkuma (1) Potato soup (1,G,I) and Fried potatoes Wok vegetables (AWE,F,K) Iceberg lettuce with cocktail dressing (2,AWE,C,G,J)
Desserts	Cream dessert with egg liqueur (C,F,G) Cream dessert with strawberries (G)	Vanilla flavored curd ^(F,G) greek joghurt ^(G,HWA) Cream with amaretto ^(1,AWE,C,F,G)	Yoghurt with raspberries (G) Chocolate pudding veggie (F) Vegan vanilla pudding (F) Panna cotta with strawberries (G)	Tangerine mascarpone dessert (2,G) Westphalian cream dessert with grated chocolate and rum (F,G) Orange cream dessert (F,G)	Pudding with nuts (G,HHA) Semolina pudding (AWE,G) Plum compote Tangerine mascarpone dessert (2,G)



Legend for the menu

Additives

- 1 with colorant
- 2 with preservative
- 3 with antioxidants
- 4 with flavor enhancer
- 5 sulphured
- 6 blackened
- 7 waxed
- 8 with phosphate
- 9 with sweetener
- 10 contains a source of phenylalanine
- 15 contains quinine
- 16 contains caffeine

Allergens

- A contains gluten-containing cereals*
- ADI contains spelt*
- AGE contains barley*
- AHA contains oats*
- AKA contains kamut*
- ARO contains rye*
- AWE contains wheat*
- B contains crustaceans*
- C contains egg*
- D contains fish*
- E contains peanut*
- F contains soy*
- G contains milk*
- H contains shell fruits*
- HMA contains almonds*
- HHA contains hazelnuts*
- HWA contains walnuts*
- HCA contains cashews*
- HPE contains pecan nuts*
 HPA contains brazil nuts*
- THE CONTRACTOR DIGINAL
- HPI contains pistachios*
- HQU contains macadamia nuts*
- I contains celery*
- J contains mustard*
- K contains sesame*
- L contains lupine*
- M contains molluscs*
- N contains sulfur dioxide
 - and sulphites

Symbols



with poultry



with beef



with pork



with fish



vegetarian



vegan



with alcohol

Please notice

Regarding the ingredients of our dishes, we have to rely on the information from our suppliers. Manufacturers mostly produce multiple different products, which is why we cannot guarantee that our dishes contain no trace elements at all.

Furthermore, it is possible that the components get mixed up while we process them, which could cause smallest amounts of allergenic substances in various dishes.

For this reason, allergy sufferers need to consider that our offered dishes possibly could contain more allergenic substances than labelled.





Our dairy products come from local dairy farmer Große Kintrup



We offer regional potatoes from Münsterland Knolle

^{*}or products thereof