

Speiseplan Mensa am Ring

vom 14.04. bis 18.04.2025

	monday	tuesday	wednesday	thursday	friday
Speisenangebot	Pumpkin falafel Bulgur ^(AWE) with oats tandoori dip (AHA,AWE,HMA,J) 2,85 € 4,30 €	Pork goulash with beer from the Ameker straw pig Hof May (AGE,G,J) Potato dumplings 3,90 € 5,85 € Spicy potatoes with rocket (4) with soy and herbs dip (F,J) 2,30 € 3,45 € Smoked sausage from the region from straw pig "Hof May" 2,05 € 3,10 € Broccoli and nuts patty (AHA,AWE,HMA,HHA) Parisian potatoes with Hollandaise sauce (C,G,I) All (C,G,I) Rice (1) Rice (1) 1,7,05 € Pea stew (I,J)	Turkey sausage (1,2,3,4,8,F,I,J)	Broad beans with fennel and carrots ^(F) and salted potatoes 2,45 € 3,70 €	
	Curry with sweet potato and peanuts ^(E) Bulgur ^(AWE) 3,10 € 4,65 €			Grated hard cheese ^(c,G) with roasted pumpkin seeds 3,40 € 5,10 €	1
	Minestrone Italian style 2,05 € 3,10 €		Red lentils with sweet potato and spinach with half a roll (AWE) 2,85 € 4,30 € Canelloni with ricotta spinach filling (AWE,C,G) with tomato sauce 2,45 € 3,70 € Breaded pork escalope (AWE,C) Ticino style (G) French fries with cream sauce (G) 5,50 € 8,25 €	Pork strips Zurich style with mushrooms ^(G,N)	
	Chicken escalope cordon bleu (2,3,AWE,G) with pepper sauce Croquettes 3,65 € 5,50 €				
	Mensa Burger with beef patty (2,9,AWE,C,F,I,J,K) ** French fries				
	4,45 € 6,70 € Burger with vegetable potato patty (2,3,9,A,AWE,C,F,G,J,K) French fries 4,20 € 6,30 €				
		1,65 € 2,50 €			



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Beilagen	Bulgur (AWE) Broccoli cream soup (G) Croquettes Colorful vegetable mix (I) Side salad with oil and vinegar dressing (J)	Mixed vegetables Coleslaw Carrot cream soup (1,F) Potato dumplings Parisian potatoes	Rice Peas french onion soup Potato twisters (A,AWE) Tomato cucumber salad (N)	Spätzle (AWE,C) vegatable broth with noodles and salted potatoes Broccoli Endives salad with yoghurt dressing (G)	
Desserts	Blueberry yoghurt ^(G) P Apple pudding vegan ***	Peanut flavored pudding (E,G) Bavarian cream dessert (C,G) Coconut rice pudding (F)	Curd with cherries ^(G) Almond cream dessert ^{(G,} HMA)	Vegan hazelnut pudding (AHA) Cream dessert with egg liqueur (C,F,G) Cream Dessert Pistacchio (F)	



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