

Speiseplan Mensa Bispinghof

vom 14.04. bis 18.04.2025

	monday	tuesday	wednesday	thursday	friday
Speisenangebot	Vegetable patty (AWE,I) with mushroom sauce (1) Wild rice (1) 3,40 € 5,10 € Spinach dumplings (AWE,C,G) with tomato gorgonzola sauce (1,2,G) 3,10 € 4,65 € Pasta with ratatouille vegetables (AWE) and arugula 2,45 € 3,70 €	Vegan bratwurst with curry sauce (1,F) French fries 3,40 € 5,10 € Nasi Goreng with soy stripes (AWE,F) 2,45 € 3,70 € Fusilli Arrabiata (AWE) Basil pesto 2,45 € 3,70 €	Potato vegetable gratin ^(G) 3,10 € 4,65 € Lentil curry with zucchini ^(1,F) Rice ⁽¹⁾ 2,45 € 3,70 € Noodles ^(AWE) with soy bolognese ^(F,I) and Pecorino ^(G) 2,60 € 3,90 €	Unripe spelt grain pan with vegetables (1,ADI,I) with herb sauce (F) 2,85 € 4,30 € Borek filled with spinach and white cheese (AWE,G) with tomato sauce Bulgur with vegetables (AWE) 2,60 € 3,90 € Wholegrain pasta with rocket and smoked tofu (AWE,F)	Veggie Carrot celery stomped with pumpernickel (1,ARO,F,I) 2,30 € 3,45 € Pasta squares filled with vegetables (AWE) Vegan spinach sauce with cherry tomatoes (F) 3,40 € 5,10 €
Beilagen	Wild rice ⁽¹⁾ Colorful vegetable mix ^(I)	French fries Ratatouille (1)	Rice ⁽¹⁾ Mixed vegetables ⁽¹⁾	Bulgur with vegetables (AWE) Mixed vegetables (1)	Couscous with vegetables (9,AWE) Vegetables (1)
Desserts	Stracciatella mousse (G) Soy dessert chocolate Vanilla flavored soy pudding Soy dessert caramell	Semolina pudding (AWE,G) with pureed strawberries Soy dessert chocolate Vanilla flavored soy pudding Soy dessert caramell	Mousse with cappuccino (G) Soy dessert chocolate Vanilla flavored soy pudding Soy dessert caramell	Curd ^(G) with grated chocolate ^(F) Soy dessert chocolate Vanilla flavored soy pudding Soy dessert caramell	Cream with raspberries ^(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