

|             |                 | MONTAG                                                                                                                                        | DIENSTAG                                                                                                                                                                | MITTWOCH                                                                                                                                                             | DONNERSTAG                                                                                                                                                                          | FREITAG                                                                                                                                                                                     | SAMSTAG                                                                                                                                                                    | SONNTAG                                                                                                                                                      |
|-------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MITTAGSMENÜ | SUPPE           | Nudelsuppe<br><small>EI/GL/GL-W/SL</small><br>58 kcal   2 g EW   0 g F   11 g KH                                                              | Markklößchensuppe<br><small>EI/GL/GL-W</small><br>124 kcal   3 g EW   9 g F   8 g KH                                                                                    | Frühlingszwiebel-<br>suppe<br><small>1/GL/GL-W/LA/SL</small><br>166 kcal   3 g EW   11 g F   11 g KH                                                                 | Tomatensuppe<br><small>3/SD</small><br>55 kcal   0 g EW   1 g F   8 g KH                                                                                                            | Kürbiscremesuppe<br><small>1/GL/GL-W/LA/SL</small><br>160 kcal   2 g EW   10 g F   14 g KH                                                                                                  |                                                                                                                                                                            | Brokkolicremesuppe<br><small>1/GL/GL-W/LA/SL</small><br>201 kcal   7 g EW   10 g F   18 g KH                                                                 |
|             | MENÜ 1          | Hähnchenfrikasse<br>Erbsen<br>Butterreis<br><br><small>1/GL/GL-W/LA/SL</small><br>676 kcal   45 g EW   28 g F   55 g KH                       | Majoranbratwurst<br>Lauchgemüse<br>Kartoffelpüree<br><br><small>1/2/3/4/8/GL/GL-W/LA/S/SL</small><br>740 kcal   21 g EW   52 g F   9 g KH                               | Zucchini-puffer<br>Paprikasoße<br>Spinatnudeln<br>Kopfsalat<br><br><small>3/EI/GL/GL-W/LA/S/SL/SD</small><br>464 kcal   16 g EW   18 g F   45 g KH                   | Geschmorte<br>Schweinebäckchen<br>Kartoffelgratin<br>Möhren-Apfel-Salat<br><br><small>GL/GL-W/LA/SD/SL/SD</small><br>997 kcal   33 g EW   69 g F   11 g KH                          | Buntbarsch<br>"gebraten"<br>Kohlrabigemüse<br>Macairekartoffel<br><br><small>1/EI/FI/GL/GL-W/LA/SD</small><br>615 kcal   32 g EW   35 g F   40 g KH                                         | Kartoffelsuppe mit<br>Debreciner<br>Kaiserbrötchen<br>Bienenstich<br><br><small>2/3/4/8/EI/GL/GL-W/LA/S/SC/SL</small><br>1013 kcal   26 g EW   41 g F   90 g KH            | Sauerbraten<br>"Schwäbische Art"<br>Rotkohl<br>Semmelknödel<br><br><small>3/EI/GL/GL-W/LA/SD/SL</small><br>625 kcal   13 g EW   20 g F   67 g KH             |
|             | MENÜ 2<br>VEGGY | Lauchlasagne mit<br>Ziegenkäse<br>Bunter Bohnensalat<br><br><small>1/2/9/EI/GL/GL-W/LA/SL</small><br>814 kcal   16 g EW   36 g F   45 g KH    | Frühlingsrolle<br>Süß-Saure<br>Gemüsesoße<br>Butterreis<br><br><small>1/GL/GL-W/LA/SE/SL/SD</small><br>415 kcal   8 g EW   7 g F   75 g KH                              | Apfelkühle<br>Vanillesoße<br><br><small>3/EI/GL/GL-G/GL-H/GL-R/GL-W/LA</small><br>323 kcal   9 g EW   6 g F   56 g KH                                                | Pilzmaultaschen<br>Rahmsoße<br>Möhren-Apfel-Salat<br><br><small>2/3/EI/GL/GL-W/LA/SD/SL</small><br>502 kcal   19 g EW   17 g F   53 g KH                                            | Bunte Nudeln<br>Gemüsetomaten-<br>ragout<br>Parmesan<br>Paprikasalat<br><br><small>3/GL/GL-W/LA/S/SD/SL/SD</small><br>681 kcal   17 g EW   29 g F   66 g KH                                 | Kartoffelsuppe mit<br>Belugalinsen<br>Kaiserbrötchen<br>Bienenstich<br><br><small>3/8/EI/GL/GL-W/LA/SC/SL</small><br>580 kcal   12 g EW   23 g F   65 g KH                 | Tagliatelle<br>Gebratene Pilze<br>Grüner Salat<br><br><small>1/EI/GL/GL-W/LA/SL/SD</small><br>495 kcal   15 g EW   17 g F   64 g KH                          |
|             | DESSERT         | Quark mit Trüble<br><small>1/GL/GL-W/LA/SD</small><br>171 kcal   7 g EW   5 g F   23 g KH                                                     | Bayrisch Creme<br><small>EI/LA</small><br>45 kcal   1 g EW   1 g F   8 g KH                                                                                             | Pistazienpudding<br><small>1/LA/SC/SD</small><br>146 kcal   4 g EW   5 g F   20 g KH                                                                                 | Rote Grütze<br><small>1/GL/GL-W/LA/SD</small><br>225 kcal   6 g EW   6 g F   35 g KH                                                                                                | Panna Cotta<br><small>LA</small><br>186 kcal   4 g EW   13 g F   14 g KH                                                                                                                    | Quarkdessert<br><small>1/LA</small><br>124 kcal   5 g EW   4 g F   16 g KH                                                                                                 | Eiswaffel<br><small>GL/GL-W/LA/SC/SD</small><br>303 kcal   3 g EW   15 g F   37 g KH                                                                         |
|             | ABENDESSEN      | Apfelpfannkuchen<br><br>Vanillesoße<br>(nur auf dem<br>Wohnbereich)<br><br><small>3/EI/GL/LA</small><br>397 kcal   11 g EW   12 g F   57 g KH | Junger Gouda<br><br>Schinkenmettwurst<br><br>Zwiebel<br><br>Brot/Butter<br><br><small>2/3/GL/GL-G/GL-H/GL-R/GL-W/LA/SE</small><br>404 kcal   25 g EW   17 g F   35 g KH | Ripple<br><br>Elsässer Winzerkäse<br><br>Senf<br><br>Brot/Butter<br><br><small>1/2/3/GL/GL-G/GL-H/GL-R/GL-W/LA/S/SE</small><br>350 kcal   18 g EW   15 g F   35 g KH | Milder Weichkäse<br><br>Bauernschinken<br><br>Senfgurke<br><br>Brot/Butter<br><br><small>2/3/4/8/GL/GL-G/GL-H/GL-R/GL-W/LA/S/SE/SL</small><br>317 kcal   16 g EW   12 g F   36 g KH | Ziegenfrischkäsetaler<br><br>Grobe Leberwurst<br><br>Eiersalat<br><br>Brot/Butter<br><br><small>1/2/8/EI/GL/GL-G/GL-H/GL-R/GL-W/LA/S/SE</small><br>2222 kcal   112 g EW   165 g F   47 g KH | Paprikapastete<br><br>Walnußkäse<br><br>Rettich<br><br>Brot/Butter<br><br><small>2/3/8/GL/GL-G/GL-H/GL-R/GL-W/LA/SC/SE/SL</small><br>354 kcal   13 g EW   16 g F   36 g KH | Senfbraten<br><br>Shrimpscocktail<br><br>Brot/Butter<br><br><small>1/21/EI/GL/GL-G/GL-H/GL-R/GL-W/KR/LA/S/SE</small><br>304 kcal   15 g EW   9 g F   40 g KH |