## Menu

## DE-ÖKO-044 Always for fruit dairy products, notatoes, pasta, rice





Menu		Always for fruit, dairy products, potatoes, pasta, rice	ADKAAAS DIE KUCHE
Date	Menu 1	Vegetarian Alternative	Menu 2 (vegetarian)
Friday, 1.03.	Bean stew with organic potatoes, carrots and chickpeas (7), organic wholemeal bread (1); nibbled vegetables; organic fruit	Bean stew with organic potatoes, carrots and chickpeas (7), organic wholemeal bread (1); nibbled vegetables; organic fruit	Oven vegetables (7), tomato herb dip (organic: quark, milk) (3), organic wholemeal bread (1); nibbled vegetables; organic fruit
Monday, 4.03.	Organic spirelli with tomato and eggplant sauce (1,7), organic grated cheese (3); nibbles; organic fruit	Organic spirelli with tomato and eggplant sauce (1,7), organic grated cheese (3); nibbles; organic fruit	Stew with two kinds of lentils, potatoes, a dollop of sour cream (organic: potatoes, sour cream, milk) (3,7), organic wholemeal bread (1); nibbled vegetables; organic fruit
Tuesday, 5.03.	Colorful vegetables in horseradish sauce (organic: vegetables, cream) (3.7), organic potatoes; white cabbage salad with apples, carrots (organic: white cabbage, apples, carrots), sesame dressing (10)	Colorful vegetables in horseradish sauce (organic: vegetables, cream) (3.7), organic potatoes; white cabbage salad with apples, carrots (organic: white cabbage, apples, carrots), sesame dressing (10)	Lentil thaler (homemade) (1,2,7) with curd (organic: curd, milk) (3) and linseed oil; white cabbage salad with apples, carrots (organic: white cabbage, apples, carrots), sesame dressing (10)
Wednesday, 6.03.	Turkey gyros (7), turmeric rice (organic rice), tzatziki (organic: curd, yoghurt) (3); organic fruit	Veggie gyros (organic tofu) (4,7), turmeric rice (organic rice), tzatziki (organic: curd, yoghurt) (3); organic fruit	Veggie cevapcici (homemade) (organic tofu) (1,2,4,7), tomato rice (organic rice), ketchup (homemade) (7); organic fruit
Thursday, 7.03.	Organic penne (1), tuna sauce with corn (organic: cream) (3,5,7); snack vegetables; organic fruit	Organic penne (1), tomato sauce with tofu and corn (organic: tofu) (3,4,7); snack vegetables; organic fruit	Grünkerntaler (homemade) (1,2,7), colorful potato salad (organic: potatoes, yoghurt) (3); snack vegetables; organic fruit
Friday, 8.03.	Closed	Closed	Closed
Monday, 11.03.	Lentil potato stew with leek and carrots (organic: potatoes, leek, carrots) (7), organic wholemeal bread (1); organic snacks; organic fruit	Lentil potato stew with leek and carrots (organic: potatoes, leek, carrots) (7), organic wholemeal bread (1); organic snacks; organic fruit	Colorful pan-fried vegetables with kidney beans (organic vegetables) (7), tzatziki (organic: curd, milk, cucumber) (3), organic wholemeal bread (1); organic snacks; organic fruit
Tuesday, 12.03.	Organic spirelli (1) with carbonara (poultry ham) (organic: milk, onions) (3,7); tomato salad (organic tomatoes)	Organic spirelli (1) with mushroom sauce (organic: mushrooms, milk, onions) (3,7); tomato salad (organic tomatoes)	Potato gratin with sesame crust (organic: potatoes, cheese, cream) (3.10); tomato salad (organic tomatoes)
Wednesday, 13.03.	Potato and vegetable pan (7), chive and sesame sour cream dip (organic: potatoes, sour cream, curd, milk) (3.10); snack vegetables; organic fruit	Potato and vegetable pan (7), chive and sesame sour cream dip (organic: potatoes, sour cream, curd, milk) (3.10); snack vegetables; organic fruit	Pumpkin vegetable goulash in coconut sesame sauce (7.10), organic rice; nibbled vegetables; organic fruit
Thursday, 14.03.	Fish sticks (pollock) (1.5), mashed potatoes with sesame seeds (organic: potatoes, cream, milk) (1,3,10),  parsley sauce (organic milk) (3), ketchup (homemade) (7); mixed leaf salad with orange yoghurt dressing (organic yoghurt) (3)	Vegetable sticks (1,2), mashed potatoes with sesame seeds (organic: potatoes, cream, milk) (1,3,10), parsley sauce (organic milk) (3), ketchup (homemade) (7); mixed leaf salad with orange yoghurt dressing (organic yoghurt) (3)	Veggie sausage (1,2), organic rice with carrots, parsley sauce (organic milk) (3), ketchup (homemade) (7); Colorful leaf salad with orange yoghurt dressing (organic yoghurt) (3)
Friday, 15.03.	Cream of chickpea soup (organic: cream) (3,7); Semolina porridge (organic: milk, semolina) (1,3); Nibbled vegetables; Plum compote made from organic plums	Cream of chickpea soup (organic: cream) (3,7); Semolina porridge (organic: milk, semolina) (1,3); Nibbled vegetables; Plum compote made from organic plums	Cream of chickpea soup (organic: cream) (3,7); Organic Kaiserschmarren (1,2,3); Nibbled vegetables; Plun compote made from organic plums
Monday, 18.03.	Organic penne (1), carrot pesto (homemade), cheese sauce (organic: cheese, milk (3); nibbles; organic fruit	Organic penne (1), carrot pesto (homemade), cheese sauce (organic: cheese, milk (3); nibbles; organic fruit	Colorful potato vegetable pan with cheese au gratin (organic: potatoes, cheese) (3,7), béchamel sauce (7 nibbles; organic fruit
Tuesday, 19.03.	Pollack Müllerin style (1,5), herb sauce (organic cream) (3,7,8), organic rice; nibbles; vanilla pudding (organic milk) (3)	Vegetable rösti with sesame (home-made) (1,2,7,10), herb sauce (organic cream) (3,7), organic rice; nibbled vegetables; vanilla pudding (organic milk) (3)	Bean soup (green, white and kidney beans) with organic potatoes (7), organic bread with sunflower seed (1); nibbled vegetables; vanilla pudding (organic milk) (3)
Wednesday, 20.03.	Chili con carne (organic: beef, corn) (7), organic wholemeal bread (1); snack vegetables; organic fruit	Chili sin carne (organic: soy, corn) (4,7), organic wholemeal bread (1); snack vegetables; organic fruit	Oriental vegetables (7), organic bulgur (1), mint yogurt dip (organic yogurt) (3); nibbled vegetables; organic fruit
Thursday, 21.03.	Organic wholegrain penne (1) with pumpkin tomato sour cream Bolognese (organic: pumpkin, tomatoes, sour cream) (3,7); organic nibbles; organic fruit	Organic wholegrain penne (1) with pumpkin tomato sour cream Bolognese (organic: pumpkin, tomatoes, sour cream) (3.7); organic nibbles; organic fruit	Smoked tofu cubes with carrots in curry sauce (organic: tofu, carrots, milk) (3,4), organic wholegrain rice; organic snack vegetables; organic fruit
Friday, 22.03.	Rosemary potatoes with baked vegetables (organic potatoes) (7), tomato salsa (7); nibbled vegetables; Easter egg in a nest (2)	Rosemary potatoes with baked vegetables (organic potatoes) (7), tomato salsa (7); nibbled vegetables; Easter egg in a nest (2)	Cauliflower waffle (homemade) (1,2), colorful rice (paprika, organic rice), herb sauce (organic milk) (1,3,7); nibbled vegetables; Easter egg in a nest (2)
Monday, 25.03.	Cauliflower au gratin (3,7), organic potatoes; nibbled vegetables; apple and cinnamon curd (organic: curd milk, apples) (3)	Cauliflower au gratin (3,7), organic potatoes; nibbled vegetables; apple and cinnamon curd (organic: curd, milk, apples) (3)	Cauliflower au gratin (3,7), organic potatoes; nibbled vegetables; apple and cinnamon curd (organic: curd milk, apples) (3)
Tuesday, 26.03.	Cream of pea soup (organic: peas, cream) (3.7); sweet millet dish (organic milk) (3); organic snack vegetables; compote made from organic cherries	Cream of pea soup (organic: peas, cream) (3.7); sweet millet dish (organic milk) (3); organic snack vegetables; compote made from organic cherries	Cream of pea soup (organic: peas, cream) (3.7); sweet millet dish (organic milk) (3); organic snack vegetables; compote made from organic cherries
Wednesday, 27.03.	Organic wholemeal penne (1) with Bolognese (organic: beef, vegetables) (7), grated organic cheese (3); white cabbage salad (organic white cabbage) (7,8)	Organic wholemeal penne (1) with vegetable bolognese (organic vegetables) (7), grated organic cheese (3); white cabbage salad (organic white cabbage) (7,8)	Organic wholemeal penne (1) with vegetable bolognese (organic vegetables) (7), grated organic cheese (3); white cabbage salad (organic white cabbage) (7,8)
Thursday, 28.03.	Coconut curry with sweet potatoes and broccoli (7), organic rice; snack vegetables; organic fruit	Coconut curry with sweet potatoes and broccoli (7), organic rice; snack vegetables; organic fruit	Coconut curry with sweet potatoes and broccoli (7), organic rice; snack vegetables; organic fruit
Friday, 29.03.	Closed	Closed	Closed
	1 gluten, 2 egg, 3 milk (lactoso	e), 4 soy, 5 fish, 6 peanuts, 7 celery, 8 mustard, 9 crustaceans, 10 sesame, 11 nuts, 12 sulfur dioxide & sulfites, 13 lupins, 14 mollusks	