

Monday 10.01.**Menu 1:**

Chicken breast fillet with poultry jus with wholemeal rice and salad with French dressing ^{1, 3, 4, 5} 😊

Action Bar:

Chicken breast fillet with poultry jus served with wholemeal rice and green beans

Menu 2:

„Schupfnudelpfanne“ with spinach and carrots ³

Tuesday 11.01.**Menu 1:**

Cevapcici (beef) with Ajvar, served with rice and coleslaw in vinegar-oil dressing ^{2, 3}

Menu 2:

Vegetable goulash (carrots, broccoli, cauliflower) served with potatoes ³  

Action Bar:

Vegetable goulash (carrots, broccoli, cauliflower) served with Ebly ³

Wednesday 12.01.**Menu 1:**

Coalfish (natural) with spinach and potatoes ³ 😊

Menu 2:

Spinach dumplings served with mushroom cream and crudités (cucumbers)

Action Bar:

Pizza Salami or Margherita ^{1, 2, 3}

Thursday 13.01.**Menu 1:**

Lentil stew with poultry sausage served with wheat baguette ²

Action Bar:

Lentil stew served with wheat baguette 😊

Menu 2:

Kaiserschmarrn with vanilla sauce

Friday 14.01.**Menu 1:**

PASTA - Spaghetti with turkey carbonara sauce, served with lt. Hard cheese and salad with yogurt dressing ²

Pasta Action Bar:

PASTA - Spaghetti aglio e olio with cherry tomatoes

Menu 2:

Gnocchi with pumpkin cream sauce, served with grated cheese ³ 😊

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= 100% organic

Organic products
marked in green

The following declarable additives are contained in our dishes:

1 with artificial colouring	7 waxed
2 with preservatives	8 with phosphate
3 with antioxidants	9 with sweeteners
4 with flavour enhancer	10 contains a source of phenylalanine
5 sulphured	11 with lactoprotein
6 blackened	

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Zertifiziert durch DE-ÖKO-039
Kontrollnummer: D-NW-039-4734-OB0
EU-Nicht-EU-Landwirtschaft

Monday 17.01.

Menu 1:

Poultry meatloaf with ketchup, served with potato salad in mayonnaise dressing ³

Action Bar:

Poultry meat loaf, served with mashed potatoes, brussel sprouts and gravy

Menu 2:

Cauliflower and cheese taler with herb sauce and rice served with salad with yoghurt dressing 😊

Tuesday 18.01.

Menu 1:

Chili sin Carne (red beans, paprika) with sour cream served with wheat baguette ³ 😊 

Action Bar:

Chili con Carne (beef) with sour cream served with wheat baguette

Menu 2:

Broccoli and spaetzle casserole au gratin with cheese sauce, with salad with French dressing ^{3, 4}

Wednesday 19.01.

Menu 1:

Shredded chicken with wholemeal spirelli, served with pea vegetables ^{1, 5} 😊

Action Bar:

Shredded chicken, served with potatoes and pea vegetables

Menu 2:

Vegetable patty (carrots, parsnips, peas, Romanesco and corn), served with potatoes and herb curd

Thursday 20.01.

Menu 1:

Hoki fish fillet natural with tomato sauce, served with spelt rice and crudités (carrots) 😊

Menu 2:

Tortellini casserole with spinach sauce, served with salad with vinegar-oil dressing ¹

Friday 21.01.

Menu 1:

Chicken escalope (natural) with mushroom sauce and bread dumplings

Action Bar:

Chicken escalope (natural) with cream sauce and penne noodles

Menu 2:

Creamy vegetable soup with parsnips, served with wheat baguette ³ 😊 

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Monday 24.01.**Menu 1:**

Sausage ragout (beef) in tomato sauce, served with spirelli 2,3

Menu 2:

Two eggs with mustard sauce and potatoes, served with salad with French dressing 2,3,4,5 😊

Action Bar:

Egg omelette, served with baked beans and potatoes

Tuesday 25.01.**Menu 1:**

Potato soup with turkey sausages, served with wheat baguette 2,3,8

Action Bar:Potato soup with wheat baguette 3 😊 **Menu 2:**

Vegetarian escalope with cream sauce, served with rice and a choice of cauliflower or salad with yoghurt dressing

Wednesday 26.01.**Menu 1:**Hamburger with burger bun, patty (beef),
Tomatoes, lettuce, pickles and burger sauce, served with potato wedges 1,2,3,5,9**Action Bar:**Vegetarian burger patty,
plus choice of cheese or ketchup topping 1,2,3,5,9**Menu 2:**PASTA - Wholemeal spirelli with cheese sauce,
served with grated cheese and crudités (cucumber) 1 😊 **Thursday 27.01.****Menu 1:**

Vegetarian spring roll (mung beans, white cabbage, leek) with sweet sour dip, served with rice 1,2,3 😊

Action Bar:

Bami Goreng (Asian noodle pan with vegetables) 1,2,3

Menu 2:Cauliflower and potato casserole, served with salad with French dressing 1 **Friday 28.01.****Menu 1:**

Baked fillet of coalfish with remoulade, served with potatoes and salad with vinegar-oil dressing 3,4,9 😊

Action bar:

Baked fillet of coalfish with creamy spinach, served with potatoes

Menu 2:PASTA - Baked cannelloni stuffed with ricotta spinach in soy bolognese,
served with carrot-apple salad 3

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Monday 31.01.**Menu 1:**

Beef goulash, served with knöpfle and pea vegetables ^{1, 5, 8}

Action Bar:

Beef goulash, served with knöpfle and carrot vegetables ^{1, 5, 8}

Menu 2:

Potato and pumpkin gratin, served with salad with French dressing ^{1, 3}  **BIOLOGISCH**[®]
CATERING FÜR SCHULEN & KITAS

Tuesday 01.02.**Menu 1:**

Chicken gyros with tzaziki and djuvecreis (peas, carrots, peppers),
 served with coleslaw in vinegar-oil dressing ^{2, 3}

Action Bar:

Chicken gyros with tzaziki and potato wedges,
 served with coleslaw in vinegar-oil dressing

Menu 2:

PASTA - Colourful wholemeal pasta bake with tomato sauce
 and vegetables (carrots, peppers, celery) ^{1, 3}  **BIOLOGISCH**[®]
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Wednesday 02.02.**Menu 1:**

Poultry sausage with mashed potatoes and carrot cream vegetables ² 

Menu 2:

Cream of broccoli soup with wheat baguette  **BIOLOGISCH**[®]
CATERING FÜR SCHULEN & KITAS

Action Bar:

Cream of tomato soup, served with wheat baguette

Thursday 03.02.**Menu 1:**

Spanish paella (rice pan with corn, peppers and peas) with salmon, served with lemon dip 

Action Bar:

Spanish paella (rice pan with corn, peppers and peas) with chicken, served with lemon dip

Menu 2:

Shredded soy with mushrooms, served with bread dumplings and salad with yoghurt dressing ^{1, 5}

Friday 04.02.**Menu 1:**

Gratinated noodle casserole with turkey and broccoli in béchamel sauce, served with salad with
 yoghurt dressing

Menu 2:

Spinach dumplings with sour cream, served with lentil vegetables 

Action Bar:

Vegetable maultaschen in broth, served with sour cream and optional lentil vegetables

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