




	Monday	Tuesday	Wednesday	Thursday	Friday
Meal I Main component	Chicken leg Poultry gravy Stud.: 1,00 € Staff: 2,60 €	Turkey schnitzel, breaded Tomato-zucchini sauce Stud.: 1,00 € Staff: 2,60 €	Shashlik (s) Curry sauce Stud.: 1,00 € Staff: 2,60 €	Chicken breast piccata Tomato-basil sauce Stud.: 1,00 € Staff: 2,60 €	Alaska pollock fillet with herb and mustard crust (2) Stud.: 1,20 € Staff: 2,90 €
Meal II Main component	Two vegetable rissoles (F) Salsa Texicana Stud.: 1,20 € Staff: 2,50 €	Baked potato (F) Herb quark Stud.: 1,20 € Staff: 2,50 €	Stuffed pasta squares (F) with vegetable broth in onion butter Stud.: 1,20 € Staff: 2,50 €	Deep-fried noodles (F) Vegetable-béchamel sauce Stud.: 1,20 € Staff: 2,50 €	Mushroom pastry puffs (F) Chive sauce Stud.: 1,20 € Staff: 2,50 €
Side dishes Meal I and II	Filling side dishes Vegetable side dishes Side salads	Filling side dishes Vegetable side dishes Side salads	Filling side dishes Vegetable side dishes Side salads	Filling side dishes Vegetable side dishes Side salads	Filling side dishes Vegetable side dishes Side salads
Stews	Rhenish (V) Cut green bean stew Wheat rolls Stud.: 1,10 € Staff: 2,20 €	<i>Pichelsteiner</i> stew (V) Wheat rolls Stud.: 1,10 € Staff: 2,20 €	Green pea stew (V) Wheat rolls Stud.: 1,10 € Staff: 2,20 €	Greek vegetable stew (V) Wheat rolls Stud.: 1,10 € Staff: 2,20 €	Lentil stew (V) Wheat rolls Stud.: 1,10 € Staff: 2,20 €
Pan-fried	Beef <i>geschnetzeltes</i> (R) Stroganoff sauce Rice Stud.: 3,05 € Staff: 4,25 €	Potato goulash Cabanossi (R,S) (1,2,4) Stud.: 3,45 € Staff: 4,65 €	Fish ragout St. Malo (A) with hoki fillet, wild salmon and prawns Wild rice Stud.: 4,25 € Staff: 5,45 €	Chili con carne (R) Rice Stud.: 3,45 € Staff: 4,65 €	Pan-fried <i>spaetzle</i> (F) (1,3) wit vegetables and mushrooms Stud.: 3,35 € Staff: 4,55 €
Special offer stand	<i>Königsberger Klopse</i> (meatballs) (s) Caper sauce Parsley potatoes Stud.: 2,85 € Staff: 4,05 €	Hoki fillet au gratin with vegetable ratatouille Potatoes Stud.: 3,95 € Staff: 5,15 €	Thick spare ribs (s) Gravy Bread dumplings (1,2) Stud.: 3,25 € Staff: 4,45 €	Veal kebab plate (4,9) Side salad Tzatziki French fries Stud.: 4,45 € Staff: 5,65 €	<i>Schnitzel</i> (s) au gratin with sliced tomatoes Potato casserole (1,3) Stud.: 3,85 € Staff: 5,05 €

Wok	Sliced chicken breast Pineapple-ginger sauce Fragrant rice or Chinese noodles Stud.: 3,65 € Staff: 4,85 €	Stir-fried vegetables (F) (1) Fragrant rice Stud.: 3,85 € Staff: 5,05 €	Sliced duck breast Szechuan (A) (4) Fragrant rice Stud.: 3,85 € Staff: 5,05 €	Sliced chicken breast Lime-coconut sauce Fragrant rice or Chinese noodles Stud.: 3,65 € Staff: 4,85 €	Sliced turkey breast Sweet chili sauce Fragrant rice or Chinese noodles Stud.: 3,75 € Staff: 4,95 €
Gratin	Meat cannelloni (S,R) Tuscan sauce Stud.: 3,95 € Staff: 5,15 €	Macaroni casserole with turkey Gorgonzola cream sauce Stud.: 3,75 € Staff: 4,95 €	Moussaka (R) Stud.: 3,85 € Staff: 5,05 €	Romano bean and Cabanossi casserole (S) (1,2,4) Stud.: 2,95 € Staff: 4,15 €	Vegetable casserole (F) Stud.: 3,95 € Staff: 5,15 €
 mensa vital	Spicy pan-fried mushrooms (F) with couscous, almonds and bell pepper Lime yoghurt KJ: 2647 Kcal: 639 Stud.: 3,35 € Staff: 4,55 €	Ground beef (R) with corn and Ebly wheat Tomato chili dip Cabbage-carrot salad KJ: 3061 Kcal: 731 Stud.: 3,35 € Staff: 4,55 €	Pan-fried vegetables and <i>spatzle</i> (V) with tofu Arugula radish salad KJ: 2672 Kcal: 639 Stud.: 3,05 € Staff: 4,25 €	Diced salmon and cherry tomatoes White wine lime sauce (A) Broad noodles KJ: 3029 Kcal: 724 Stud.: 4,05 € Staff: 5,25 €	Greek vegetable noodle casserole (F) with zucchini, tomatoes, eggplant and <i>Hirtenkäse</i> KJ: 2972 Kcal: 710 Stud.: 3,05 € Staff: 4,25 €
Green Corner Self-service counter	Fried rice with vegetables and lentils Fried tofu with vegetables and whole wheat noodles Per 100 g: Stud.: 0,70 € Staff: 0,80 €	Chickpea curry Fried vegetables with rye	Sicilian-style pan-fried Ebly wheat Coconut rice with read and white beans	Tofu rice casserole Szegeidin tofu goulash	Chinese pan-fried noodles with vegetables Pan-fried vegetables with Ebly wheat (spicy)

Additional information on food labeling is available separately. Please consult the information screen in the foyer of the Mensa for up-to-date information on menu changes.