

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Carrot soup with roasted sesame seeds and ginger (VN)	Asian soup with vegetable strips and sesame seeds (R)	Mediterranean-tomato broth with vegetable cubes and basil (VN)	Ayurvedic Spring Soup with Paprika and Spring Garlic (VN)	Peanut soup with lime and coriander (VN)
	CO ₂ / Port.: 52,00 g Energie pro Portion: 372 kJ, 89 kcal 3,90 €	CO ₂ / Port.: 46,00 g Energie pro Portion: 154 kJ, 37 kcal 3,90 €	CO ₂ / Port.: 103,00 g Energie pro Portion: 52 kJ, 12 kcal 3,90 €	CO ₂ / Port.: 119,00 g Energie pro Portion: 516 kJ, 123 kcal 3,90 €	CO ₂ / Port.: 96,00 g Energie pro Portion: 798 kJ, 191 kcal 3,90 €
Plant Based	Traybake Chipotle Vegetables from the tray with small potatoes and Two Kinds of Dip (VN)	Cauliflower from the oven with bean puree, wild garlic and red onions (VN)	Moroccan Bowl Couscous with pomegranate , Beans , Fried eggplant , Mint and Harissa dip (VN)	Pasta Agnolotti Artichoke , Zucchini , Green Asparagus , Chilli Oil and Arugula (VN)	Fried rice with green peas, beans and spring onions (VN)
	CO ₂ / Port.: 428,00 g Energie pro Portion: 1587 kJ, 378 kcal 9,00 €	CO ₂ / Port.: 388,00 g Energie pro Portion: 1905 kJ, 455 kcal 9,00 €	CO ₂ / Port.: 571,00 g Energie pro Portion: 2121 kJ, 507 kcal 9,00 €	CO ₂ / Port.: 743,00 g Energie pro Portion: 3999 kJ, 952 kcal 9,00 €	CO ₂ / Port.: 420,00 g Energie pro Portion: 2393 kJ, 572 kcal 9,00 €
Pan Asia	Korean Bibimbap Sticky rice with minced beef Marinated vegetables, chili sauce and sesame seeds and Ei(R)	Japchedeabap - Glass noodles with roasted vegetables (VN)	Korean rice dish with vegetables and omelette (V)	Vegan Gado Gado Bowl With quinoa, tofu, green beans and peanut sauce (VN)	
	CO ₂ / Port.: 1.411,00 g Energie pro Portion: 3558 kJ, 801 kcal 14,90 €	CO ₂ / Port.: 65,00 g Energie pro Portion: 1830 kJ, 437 kcal 12,90 €	CO ₂ / Port.: 549,00 g Energie pro Portion: 1704 kJ, 407 kcal 13,90 €	CO ₂ / Port.: 350,00 g Energie pro Portion: 1856 kJ, 443 kcal 13,90 €	CO ₂ / Port.: 0,00 €
Around the world	Tarte flambée Alsatian style (S)	Tikka Masala Chickpeas , Chicken , Onions , Peppers , Basmati and coriander (G)	Pork schnitzel with fries, paprika sauce and a side dish salt(S)	Cheeseburger with lettuce, tomato, cucumber fries(R)	Calamari in batter with wrinkled potatoes side dishes salad and Aioli Dip(F)
	CO ₂ / Port.: 430,00 g Energie pro Portion: 2703 kJ, 648 kcal 13,90 €	CO ₂ / Port.: 1.080,00 g Energie pro Portion: 2415 kJ, 577 kcal 14,90 €	CO ₂ / Port.: 3.470,00 g Energie pro Portion: 3231 kJ, 773 kcal 14,90 €	CO ₂ / Port.: 1.227,00 g Energie pro Portion: 3195 kJ, 762 kcal 14,90 €	CO ₂ / Port.: 2.281,00 g Energie pro Portion: 3986 kJ, 957 kcal 14,90 €
M.Tower Lunch	Potato goulash with sour cream (V)	BBQ vegetable pan (V)	Rice noodle hott pot with lime and colorful vegetables (VN)	Chili con quinoa (VN)	Risotto of pearl barley with tomatoes (V)
	CO ₂ / Port.: 463,00 g Energie pro Portion: 1377 kJ, 329 kcal 6,50 €	CO ₂ / Port.: 542,00 g Energie pro Portion: 765 kJ, 184 kcal 6,50 €	CO ₂ / Port.: 475,00 g Energie pro Portion: 1934 kJ, 462 kcal 6,50 €	CO ₂ / Port.: 308,00 g Energie pro Portion: 1450 kJ, 346 kcal 6,50 €	CO ₂ / Port.: 384,00 g Energie pro Portion: 1791 kJ, 427 kcal 6,50 €
Dessert	Chocolate pudding oat milk vanilla sauce hazelnut brittle (VN)	Apricot quark with butter biscuit crumbs (V)	Vegan yellow smoothie (VN)	Chia pudding grapes walnuts (VN)	Caramel pudding with vanilla sauce and almonds (V)
	CO ₂ / Port.: 42,00 g Energie pro Portion: 638 kJ, 151 kcal 3,90 €	CO ₂ / Port.: 331,00 g Energie pro Portion: 674 kJ, 161 kcal 3,90 €	CO ₂ / Port.: 77,00 g Energie pro Portion: 326 kJ, 78 kcal 3,90 €	CO ₂ / Port.: 48,00 g Energie pro Portion: 606 kJ, 145 kcal 3,90 €	CO ₂ / Port.: 259,00 g Energie pro Portion: 634 kJ, 152 kcal 3,90 €