

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Green asparagus soup with black bread croutons and spring onions (V) CO ₂ / Port.: 95,00 g Energie pro Portion: 392 kJ, 94 kcal 3,90 €	Red Thai curry soup with coconut milk, broccoli and coriander (VN) CO ₂ / Port.: 116,00 g Energie pro Portion: 594 kJ, 143 kcal 3,90 €	Barley stew with kohlrabi (VN) CO ₂ / Port.: 42,00 g Energie pro Portion: 332 kJ, 79 kcal 3,90 €	Potato and leek soup with marjoram and parsley (VN) CO ₂ / Port.: 29,00 g Energie pro Portion: 200 kJ, 48 kcal 3,90 €	Vegetable goulash soup (VN) CO ₂ / Port.: 102,00 g Energie pro Portion: 675 kJ, 162 kcal 3,90 €
Plant Based	Frühlings-Hot pot mit Drillinge , Grünem -Spargel , Möhren , Champignons Rote Zwiebeln und Sour Creme mit Schnittlauch(VN) CO ₂ / Port.: 336,00 g Energie pro Portion: 2094 kJ, 501 kcal 9,00 €	Pasta e fagioli Tomatoes, aubergines, beans and rosemary (VN) CO ₂ / Port.: 376,00 g Energie pro Portion: 2650 kJ, 633 kcal 9,00 €	Tex Mex Bowl Bean and corn salad, nachos, jalapeno rice and guacamole (VN) CO ₂ / Port.: 703,00 g Energie pro Portion: 1987 kJ, 475 kcal 9,00 €	Oven Pak Choi with Peanut Coconut Sauce, Basmati Rice, Spring Onions and Sesame Seeds (VN) CO ₂ / Port.: 424,00 g Energie pro Portion: 2579 kJ, 617 kcal 9,00 €	Pointed cabbage with quinoa-herb vinaigrette and crusty bread-nut mix (VN) CO ₂ / Port.: 244,00 g Energie pro Portion: 1834 kJ, 438 kcal 9,00 €
Pan Asia	Pad Thai, fried egg noodles with shrimp (F) CO ₂ / Port.: 901,00 g Energie pro Portion: 2752 kJ, 658 kcal 13,90 €	Red Thai curry with tofu, fried chicken breast, mung bean sprouts and fragrant rice(G) CO ₂ / Port.: 959,00 g Energie pro Portion: 2923 kJ, 699 kcal 13,90 €	Kofta Tarka Ground beef meatballs in spicy sauce with Basmati Rice(R) CO ₂ / Port.: 1.014,00 g Energie pro Portion: 2070 kJ, 494 kcal 14,90 €	Goi Ga - Vietnamese salad with grilled chicken breast (G) CO ₂ / Port.: 1.648,00 g Energie pro Portion: 1530 kJ, 364 kcal 13,90 €	CO ₂ / Port.: 0,00 €
Around the world	Beef bourguignon with potato dumplings Sour Dip(R) CO ₂ / Port.: 1.798,00 g Energie pro Portion: 1204 kJ, 288 kcal 16,50 €	Spit roast meatball with onion sauce and potato salad (S) CO ₂ / Port.: 1.070,00 g Energie pro Portion: 2120 kJ, 507 kcal 15,60 €	Chicken schnitzel with light gravy, French fries and Market Salad(G) CO ₂ / Port.: 1.236,00 g Energie pro Portion: 2764 kJ, 659 kcal 13,90 €	Pasta with Bolognese of beef and italian cheese (R) CO ₂ / Port.: 895,00 g Energie pro Portion: 2682 kJ, 641 kcal 14,50 €	Mottled plaice fillet with oven carrots , mustard sauce , Small potatoes,(F) CO ₂ / Port.: 978,00 g Energie pro Portion: 2926 kJ, 699 kcal 14,50 €
M.Tower Lunch	Pasta mista au gratin (V) CO ₂ / Port.: 478,00 g Energie pro Portion: 1852 kJ, 441 kcal 6,50 €	Fried ravioli with melted onions (V) CO ₂ / Port.: 195,00 g Energie pro Portion: 1495 kJ, 354 kcal 6,50 €	Pasta with arugula and cherry tomatoes (VN) CO ₂ / Port.: 372,00 g Energie pro Portion: 2876 kJ, 687 kcal 6,50 €	Schupfnudeln with sauerkraut and bell peppers (V) CO ₂ / Port.: 275,00 g Energie pro Portion: 1204 kJ, 289 kcal 6,50 €	Spaghetti with balsamic lentils (VN) CO ₂ / Port.: 344,00 g Energie pro Portion: 2148 kJ, 514 kcal 6,50 €
Dessert	Soy-based yoghurt alternative with rhubarb groats and almonds (VN) CO ₂ / Port.: 134,00 g Energie pro Portion: 442 kJ, 106 kcal 3,90 €	Chocolate Pudding and Peanut Butter (V) CO ₂ / Port.: 315,00 g Energie pro Portion: 1024 kJ, 244 kcal 3,90 €	Mango Lassi (V) CO ₂ / Port.: 203,00 g Energie pro Portion: 343 kJ, 82 kcal 3,90 €	Forest fruit yoghurt with berries (V) CO ₂ / Port.: 286,00 g Energie pro Portion: 382 kJ, 92 kcal 3,90 €	Sweet coconut basmati rice red fruit jelly (VN) CO ₂ / Port.: 137,00 g Energie pro Portion: 674 kJ, 162 kcal 3,90 €

