



M.TOWER THE FOOD BASE

25. Week 16.06. - 22.06.2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Zucchini soup parsley (V)	Mushroom cream soup (V)	Carrot-mango cold dish sesame seeds (VN)	Public holiday	
	CO ₂ / Port.: Energie pro Portion: 304 kJ, 73 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 311 kJ, 74 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 396 kJ, 94 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: 0,00 €
Plant Based	Bulgur quinoa salad grilled vegetables shepherd's cheese (VN)	Sataras Balkan vegetables made from peppers onions tomatoes rice Oat sour cream dip (VN)	Waikiki Bowl Edamame Mango rice Wakame Spring onions tofu cucumber (VN)	Public holiday	
	CO ₂ / Port.: Energie pro Portion: 10654 kJ, 637 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1498 kJ, 358 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 2153 kJ, 515 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: 0,00 €
Pan Asia	Nasi Goreng Chicken breast fresh vegetables Asian cucumber salad sambal oelek (G)	Red Thai curry Tofu minced beef coconut milk wok vegetables Wok vegetables basmati rice sesame seeds (R)	Spring roll Crispy Asian vegetables rice (V)	Public holiday	
	CO ₂ / Port.: Energie pro Portion: 2897 kJ, 691 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 2536 kJ, 607 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 2933 kJ, 701 kcal 12,90 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: 0,00 €
Around the world	Pasta al pesto Chicken breast strips grated cheese rocket salad Rocket salad (G)	Creamy turkey stew peas egg noodles (G)	Mexican burrito Wheat tortilla chicken breast bell bell pepper Rice corn salsa (G)	Public holiday	Two hot dogs with French fries (S)
	CO ₂ / Port.: Energie pro Portion: 4862 kJ, 1160 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 3086 kJ, 733 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 2653 kJ, 632 kcal 14,50 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: Energie pro Portion: 4497 kJ, 1073 kcal 6,50 €
M.Tower Lunch	Red beet fritters salad (VN)	Baked Ham Noodles (S)	Schupfnudel pan Pointed cabbage mushrooms carrots (V)	Public holiday	
	CO ₂ / Port.: Energie pro Portion: 817 kJ, 195 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 2429 kJ, 580 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 1226 kJ, 294 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: 0,00 €
Dessert	Pineapple curd coconut (V)	Panna Cotta pudding blackberry compote (V)	Strawberry- rhubarb yoghurt almonds (V)	Public holiday	
	CO ₂ / Port.: Energie pro Portion: 625 kJ, 149 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 850 kJ, 203 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 366 kJ, 87 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 326 kJ, 78 kcal 0,00 €	CO ₂ / Port.: 0,00 €

For food labeling information, check out our Everyday app.