



# M.TOWER THE FOOD BASE

29. Week 14.07. - 20.07.2025

|                  | Monday                                                                                       | Tuesday                                                                                 | Wednesday                                                                                            | Thursday                                                                                                                                  | Friday                                                                                  |
|------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Starter & Soup   | Turkish lentil soup<br>Carrots   potatoes   parsley (VN)                                     | Fennel soup   spring onions (VN)                                                        | Broccoli soup   chives (VN)                                                                          | Cauliflower soup   Sesame seeds (VN)                                                                                                      | DE102501 Grillpaket                                                                     |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>315 kJ, 75 kcal<br><b>3,90 €</b>         | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>318 kJ, 75 kcal<br><b>3,90 €</b>    | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>306 kJ, 73 kcal<br><b>3,90 €</b>                 | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>319 kJ, 76 kcal<br><b>3,90 €</b>                                                      | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3089 kJ, 736 kcal<br><b>0,00 €</b>  |
| Plant Based      | Kascha buckwheat pan<br>Peas   broccoli   beans  <br>Pumpkin seed vinaigrette (VN)           | Roasted summer vegetables  <br>BBQ potatoes   dip   chives (VN)                         | Fitness Buddha Bowl<br>Colorful lentils   red cabbage   mango<br>Quinoa   avocado   shiso cress (VN) | Spaetzle casserole<br>Carrots   cauliflower   parsley (VN)                                                                                | Mediterranean bowl-<br>Tomato   bell bell pepper   zucchini  <br>feta (V)               |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3337 kJ, 792 kcal<br><b>9,00 €</b>       | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>1548 kJ, 369 kcal<br><b>9,00 €</b>  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3498 kJ, 835 kcal<br><b>9,00 €</b>               | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2877 kJ, 685 kcal<br><b>9,00 €</b>                                                    | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2263 kJ, 541 kcal<br><b>9,00 €</b>  |
| Pan Asia         | Thai curry vegetables<br>Asian minced beef   basmati rice (R)                                | Yellow Thai curry<br>Chicken   Colorful vegetables   Basmati<br>rice (G)                | Asian noodles<br>turkey breast strips   vegetables spicy<br>sauce (G)                                | Crispy tempura fish/chicken/vegetables<br>  yellow basmati rice   teriyaki/hoisin<br>sauce   black sesame seeds   Asian<br>cucumber salad |                                                                                         |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2980 kJ, 713 kcal<br><b>14,90 €</b>      | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2310 kJ, 554 kcal<br><b>14,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2391 kJ, 572 kcal<br><b>13,90 €</b>              | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2792 kJ, 665 kcal<br><b>13,90 €</b>                                                   | CO <sub>2</sub> / Port.:<br><b>0,00 €</b>                                               |
| Around the world | Wild mushroom ragout<br>Rösti   chicken breast   spring onions<br>pumpkin seeds   rocket (G) | Melted Maultaschen<br>Onions   potato salad   chives (S)                                | Pork neck steak   Mushrooms in cream<br>sauce<br>Fried potatoes with onions (S)                      | Chicken7Pork/Vegan Gyros   rice  <br>coleslaw   garlic and cucumber dip                                                                   | From the Grill<br>Fish Skewer   Lemon Couscous with<br>Vegetables   Dip (F)             |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3041 kJ, 724 kcal<br><b>13,90 €</b>      | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3418 kJ, 814 kcal<br><b>13,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2462 kJ, 587 kcal<br><b>14,90 €</b>              | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>1842 kJ, 440 kcal<br><b>14,90 €</b>                                                   | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2072 kJ, 495 kcal<br><b>14,90 €</b> |
| M.Tower Lunch    | Boiled eggs<br>Frankfurt-style green sauce (V)                                               | Kumpir - stuffed potatoes from the oven<br>Spinach   garlic (VN)                        | Ligurian pasta<br>Potatoes   beans   pesto (V)                                                       | Baked feta cheese I Salad garnish (V)                                                                                                     |                                                                                         |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2072 kJ, 501 kcal<br><b>6,50 €</b>       | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>1622 kJ, 389 kcal<br><b>6,50 €</b>  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3266 kJ, 780 kcal<br><b>6,50 €</b>               | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2419 kJ, 578 kcal<br><b>6,90 €</b>                                                    | CO <sub>2</sub> / Port.:<br><b>0,00 €</b>                                               |
| Dessert          | Overnight oats (VN)                                                                          | Semolina pudding   blackberries (V)                                                     | Cheesecake cream<br>Blueberries   biscuit crumble (V)                                                | Apple curd   apricot (V)                                                                                                                  | Kiwi smoothie (VN)                                                                      |
|                  | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>721 kJ, 172 kcal<br><b>3,98 €</b>        | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>586 kJ, 140 kcal<br><b>3,90 €</b>   | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>867 kJ, 207 kcal<br><b>3,90 €</b>                | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>635 kJ, 151 kcal<br><b>3,90 €</b>                                                     | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>369 kJ, 88 kcal<br><b>3,90 €</b>    |

For food labeling information, check out our Everyday app.