



M.TOWER THE FOOD BASE

35. Week 25.08. - 31.08.2025

Starter & Soup

Monday			Tuesday			Wednesday			Thursday			Friday		
Turnip cream soup (V)			Fennel soup spring onions (VN)			Broccoli soup chives (VN)			Cauliflower soup sesame (VN)			DE102501 Grillpaket		
CO ₂ / Port.: 141,00 g	Energie pro Portion: 425 kJ, 101 kcal	3,90 €	CO ₂ / Port.: 62,00 g	Energie pro Portion: 318 kJ, 75 kcal	3,90 €	CO ₂ / Port.: 50,00 g	Energie pro Portion: 306 kJ, 73 kcal	3,90 €	CO ₂ / Port.: 53,00 g	Energie pro Portion: 319 kJ, 76 kcal	3,90 €	CO ₂ / Port.: 694,00 g	Energie pro Portion: 3089 kJ, 736 kcal	3,90 €

Plant Based

Kasha buckwheat pan Peas broccoli beans pumpkin seed vinaigrette (VN)			Roasted summer vegetables BBQ potatoes dip chives (VN)			Fitness Buddha Bowl Colorful lentils red cabbage mango quinoa avocado shiso cress			Spaetzle casserole Carrots cauliflower beans parsley (VN)					
CO ₂ / Port.: 135,00 g	Energie pro Portion: 1335 kJ, 318 kcal	9,00 €	CO ₂ / Port.: 208,00 g	Energie pro Portion: 1379 kJ, 328 kcal	9,00 €	CO ₂ / Port.: 392,00 g	Energie pro Portion: 3498 kJ, 835 kcal	9,00 €	CO ₂ / Port.: 301,00 g	Energie pro Portion: 2877 kJ, 685 kcal	9,00 €	CO ₂ / Port.:		0,00 €

Pan Asia

Fried Mie Noodles Vegetables chicken breast strips (G)			Yellow Thai curry Chicken breast Colorful vegetables Rice (G)			Hambaksteak Korean meat ball Pork&Beef BBQ Sauce rice (S/R)			Crispy tempura fish Yellow basmati rice teriyaki Asian cucumber salad (F)					
CO ₂ / Port.: 1.153,00 g	Energie pro Portion: 2346 kJ, 559 kcal	13,90 €	CO ₂ / Port.: 908,00 g	Energie pro Portion: 2454 kJ, 587 kcal	14,90 €	CO ₂ / Port.: 1.608,00 g	Energie pro Portion: 2633 kJ, 628 kcal	13,90 €	CO ₂ / Port.: 792,00 g	Energie pro Portion: 2676 kJ, 639 kcal	14,90 €	CO ₂ / Port.:	0,00 €	

Around the world

Shawarma Chicken strips Falafel Tahini Salad Spicy potatoes (G)			Mediterranean turkey goulash Gnocchi a la Provence (G)			Pork schnitzel "Jäger Art" French fries (S)			Currywurst French fries fried onions (S/R)			DE102501 Grillpaket		
CO ₂ / Port.: 830,00 g	Energie pro Portion: 3824 kJ, 910 kcal	14,90 €	CO ₂ / Port.: 1.511,00 g	Energie pro Portion: 4171 kJ, 996 kcal	13,90 €	CO ₂ / Port.: 2.103,00 g	Energie pro Portion: 1953 kJ, 673 kcal	14,90 €	CO ₂ / Port.: 831,00 g	Energie pro Portion: 3520 kJ, 840 kcal	12,90 €	CO ₂ / Port.: 694,00 g	Energie pro Portion: 3089 kJ, 736 kcal	14,90 €

M.Tower Lunch

Cheese tortellini Courgette and tomato ragout (VN)			Sweet potato noodles Pointed cabbage Mushrooms Carrots (V)			Feta cheese cream Sautéed balsamic tomatoes (V)			Bruschetta Tomato avocado on salad (V)					
CO ₂ / Port.: 336,00 g	Energie pro Portion: 1929 kJ, 458 kcal	6,50 €	CO ₂ / Port.: 281,00 g	Energie pro Portion: 1226 kJ, 294 kcal	6,50 €	CO ₂ / Port.: 1.249,00 g	Energie pro Portion: 1263 kJ, 301 kcal	6,50 €	CO ₂ / Port.: 162,00 g	Energie pro Portion: 1411 kJ, 339 kcal	6,50 €	CO ₂ / Port.:		0,00 €

Dessert

Pear and quince mascarpone cream Chocolate sauce brittle (V)			Semolina pudding blackberries (V)			Apple curd dried apricot (V)			Kiwi smoothie (VN)			Cheesecake cream Blueberries biscuit crumble		
CO ₂ / Port.: 145,00 g	Energie pro Portion: 629 kJ, 151 kcal	3,90 €	CO ₂ / Port.: 191,00 g	Energie pro Portion: 586 kJ, 140 kcal	3,90 €	CO ₂ / Port.: 322,00 g	Energie pro Portion: 635 kJ, 151 kcal	3,90 €	CO ₂ / Port.: 52,00 g	Energie pro Portion: 369 kJ, 88 kcal	3,90 €	CO ₂ / Port.: 184,00 g	Energie pro Portion: 867 kJ, 207 kcal	3,90 €

For food labeling information, check out our Everyday app.