



M.TOWER THE FOOD BASE

38. Week 15.09. - 21.09.2025

Starter & Soup

Plant Based

Pan Asia

Around the world

M.Tower Lunch

Dessert

	Monday			Tuesday			Wednesday			Thursday			Friday											
Starter & Soup	Harira - Moroccan soup lentils chickpeas rice vegetables (VN)						Curry vegetable soup lentils amaranth sweet potato (VN)			Pearl barley stew Kohlrabi potatoes parsley (VN)			Potato and leek soup marjoram parsley (VN)			Miso soup Julien vegetables (VN)								
	CO ₂ / Port.: 61,00 g		Energie pro Portion: 385 kJ, 92 kcal		3,90 €	CO ₂ / Port.: 96,00 g		Energie pro Portion: 634 kJ, 152 kcal		3,90 €	CO ₂ / Port.: 37,00 g		Energie pro Portion: 332 kJ, 79 kcal		3,90 €	CO ₂ / Port.: 27,00 g		Energie pro Portion: 200 kJ, 48 kcal		3,90 €	CO ₂ / Port.: 20,00 g		Energie pro Portion: 140 kJ, 33 kcal	
Plant Based	Vegetable stir-fry Potatoes romanesco carrots mushrooms Red onions dip (VN)						Gratinated vegetables Tomato sauce parsley pesto (VN)			Mexico bowl Black beans tomatoes corn Mango-chili dressing quinoa (VN)			Fagottini Pomodoro Stuffed pasta pockets broccoli Courgette spicy tomato sauce (VN)			Couscous aubergines tomatoes caper tapenade (VN)								
	CO ₂ / Port.: 272,00 g		Energie pro Portion: 1547 kJ, 371 kcal		9,00 €	CO ₂ / Port.: 257,00 g		Energie pro Portion: 1515 kJ, 362 kcal		9,00 €	CO ₂ / Port.: 355,00 g		Energie pro Portion: 3406 kJ, 816 kcal		9,00 €	CO ₂ / Port.: 352,00 g		Energie pro Portion: 3565 kJ, 847 kcal		9,00 €	CO ₂ / Port.: 236,00 g		Energie pro Portion: 1735 kJ, 414 kcal	
Pan Asia	Malaysian sweet and sour Vegetable ragout fried Asian rice balls (V)						Chicken breast Indian spiced rice curry sauce Coriander (G)			Chinese Biang Biang Ribbon Noodles seasoned Sauce pak Choi Sesame roast duck breast (G)			Japanese pork loin Tofu cucumber salad rice BBQ sauce (S)											
	CO ₂ / Port.: 554,00 g		Energie pro Portion: 4880 kJ, 1166 kcal		12,50 €	CO ₂ / Port.: 1.036,00 g		Energie pro Portion: 2120 kJ, 506 kcal		14,90 €	CO ₂ / Port.: 1.639,00 g		Energie pro Portion: 4877 kJ, 1163 kcal		15,60 €	CO ₂ / Port.: 2.303,00 g		Energie pro Portion: 4521 kJ, 1080 kcal		14,90 €	CO ₂ / Port.: 		0,00 €	
Around the world	Spit roast/ Onion sauce potato salad (G)						North African Tajine Stewed vegetables couscous Parsley lemon (X)			Chicken cordon bleu Creamy gravy french fries Market salad (G/S)			Meatballs Fiery tomato sauce diced bell peppers Thyme potatoes (S)			Spanish paella Rice vegetables fish chicken Aioli lemon (F/G)								
	CO ₂ / Port.: 989,00 g		Energie pro Portion: 2040 kJ, 488 kcal		14,90 €	CO ₂ / Port.: 4.118,00 g		Energie pro Portion: 2701 kJ, 646 kcal		15,60 €	CO ₂ / Port.: 1.082,00 g		Energie pro Portion: 3056 kJ, 731 kcal		14,90 €	CO ₂ / Port.: 563,00 g		Energie pro Portion: 2422 kJ, 580 kcal		13,90 €	CO ₂ / Port.: 1.023,00 g		Energie pro Portion: 2681 kJ, 642 kcal	
M.Tower Lunch	Pancakes leaf spinach (V)						Baked potato Two dips fried mushrooms (VN)			Breaded Feta Cheese (V)			Homemade Pumpkin Quiche Salad (VN)			Spaghetti aglio olio e peperoncino (VN)								
	CO ₂ / Port.: 785,00 g		Energie pro Portion: 1906 kJ, 456 kcal		6,50 €	CO ₂ / Port.: 249,00 g		Energie pro Portion: 1790 kJ, 431 kcal		6,50 €	CO ₂ / Port.: 1.868,00 g		Energie pro Portion: 2419 kJ, 578 kcal		6,50 €	CO ₂ / Port.: 171,00 g		Energie pro Portion: 1815 kJ, 434 kcal		6,50 €	CO ₂ / Port.: 213,00 g		Energie pro Portion: 2657 kJ, 635 kcal	
Dessert	Fruit salad (VN)						Mirabelle plum quark raisins (V)			Sweet coconut basmati rice mango compote (VN)			Wild berry yoghurt blueberries (V)			Walnut mousse (V)								
	CO ₂ / Port.: 48,00 g		Energie pro Portion: 332 kJ, 79 kcal		3,90 €	CO ₂ / Port.: 334,00 g		Energie pro Portion: 589 kJ, 140 kcal		3,90 €	CO ₂ / Port.: 98,00 g		Energie pro Portion: 727 kJ, 175 kcal		3,90 €	CO ₂ / Port.: 264,00 g		Energie pro Portion: 382 kJ, 92 kcal		3,90 €	CO ₂ / Port.: 135,00 g		Energie pro Portion: 358 kJ, 86 kcal	

For food labeling information, check out our Everyday app.