



M.TOWER THE FOOD BASE

20. Week 12.05. - 18.05.2025

Starter & Soup

Monday	Tuesday	Wednesday	Thursday	Friday
Bean cream soup with spring onions (V)	Red Thai curry soup with carrots and coriander (VN)	Asparagus cream soup with chives and croutons (V)	Potato and leek soup (VN)	Gazpacho (VN)
CO ₂ / Port.: Energie pro Portion: 444 kJ, 106 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 582 kJ, 140 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 837 kJ, 200 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 200 kJ, 48 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 261 kJ, 62 kcal 3,90 €

Plant Based

Spring hot pot with triplets, asparagus, carrots, mushrooms, red onions, and wild garlic dip (VN)	Pasta e fagioli Pasta with fresh tomatoes, eggplants, beans, and rosemary (VN)	Tex Mex BowlBean and corn salad, nachos, jalapeno rice, and guacamole (Vegan)	Oven-baked Pak Choi with peanut-coconut sauce, basmati rice, spring onions, and sesame (VN)	Pointed cabbage - quinoa mix herbal vinaigrette with crunchy bread-nut mix (VN)
CO ₂ / Port.: Energie pro Portion: 1618 kJ, 387 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 2650 kJ, 633 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1623 kJ, 388 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 2579 kJ, 617 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1834 kJ, 438 kcal 9,00 €

Pan Asia

Chicken Korma with Basmati Rice (G)	Red Thai Curry with Chicken, Rice, and Vegetables (G)	Indonesian SaladMelon, pineapple, cucumber, coriander, peanut dressingand chicken breast (G)	Chicken breast with glass noodle salad and fried pineapple (G)	
CO ₂ / Port.: Energie pro Portion: 2438 kJ, 582 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 4614 kJ, 1102 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 1151 kJ, 274 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 2828 kJ, 676 kcal 14,90 €	CO ₂ / Port.: 0,00 €

Around the world

Lasagna Bolognese with tomato sauce and fried arugula (R)	Spear roast with potato-cucumber salad and glazed onions (S)	Chicken gyros in pita bread with French fries and tzatziki (G)	Curry - sausage with fries, fried onions, and salad (S)	Fried redfish fillet with vegetable peppers, small potatoes, and parsley sauce (F)
CO ₂ / Port.: Energie pro Portion: 2242 kJ, 535 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 1836 kJ, 439 kcal 15,90 €	CO ₂ / Port.: Energie pro Portion: 3311 kJ, 790 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 4180 kJ, 997 kcal 13,50 €	CO ₂ / Port.: Energie pro Portion: 3307 kJ, 790 kcal 14,90 €

M.Tower Lunch

Panzanella Italian bread salad with basil (VN)	Homemade quiche with a salad bouquet (VN)	Pasta with spinach cream cheese sauce (V)	Fried mushrooms with leeks and potato cubes (VN)	Arancini rice balls with tomato sauce (VN)
CO ₂ / Port.: Energie pro Portion: 3332 kJ, 796 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 2346 kJ, 561 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 3595 kJ, 859 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 949 kJ, 226 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 1497 kJ, 357 kcal 6,50 €

Dessert

Soy yogurt with strawberry-rhubarb compote and almonds (VN)	Freshly cut fruit salad (VN)	Mango lassi (V)	Blackcurrant smoothie (VN)	Forest fruit yogurt with blueberries (V)
CO ₂ / Port.: Energie pro Portion: 442 kJ, 106 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 332 kJ, 79 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 343 kJ, 82 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 377 kJ, 90 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 382 kJ, 92 kcal 3,90 €

For food labeling information, check out our Everyday app.