



M.TOWER THE FOOD BASE

44. Week 27.10. - 02.11.2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Cauliflower soup sunflower seeds (VN)	Tomato soup parsley (VN)	Romanesco soup fried onions chives (VN)	Butternut squash soup pumpkin seeds (VN)	Kohlrabi cream soup (V)
	CO ₂ / Port.: 51,00 gEnergie pro Portion: 332 kJ, 79 kcal3,90 €	CO ₂ / Port.: 47,00 gEnergie pro Portion: 97 kJ, 23 kcal3,90 €	CO ₂ / Port.: 51,00 gEnergie pro Portion: 403 kJ, 96 kcal3,90 €	CO ₂ / Port.: 44,00 gEnergie pro Portion: 354 kJ, 84 kcal3,90 €	CO ₂ / Port.: 136,00 gEnergie pro Portion: 391 kJ, 93 kcal3,90 €
Plant Based	Potato dumplings Mushrooms Autumn vegetables (VN)	Fried corn polenta Creamy bean trio chanterelles (VN)	Asian bowl Broccoli edamame cucumber salad basmati rice sesame ginger sauce (VN)	From the oven Potatoes Brussels sprouts carrots Mushrooms red onions dip (VN)	Baked sweet potato Lentil chutney grapes (VN)
	CO ₂ / Port.: 535,00 gEnergie pro Portion: 2213 kJ, 531 kcal9,00 €	CO ₂ / Port.: 281,00 gEnergie pro Portion: 2291 kJ, 547 kcal9,00 €	CO ₂ / Port.: 521,00 gEnergie pro Portion: 3050 kJ, 737 kcal9,00 €	CO ₂ / Port.: 441,00 gEnergie pro Portion: 1997 kJ, 478 kcal9,00 €	CO ₂ / Port.: 275,00 gEnergie pro Portion: 2512 kJ, 600 kcal9,00 €
Pan Asia	Miso ramen rice noodles Silken tofu pak choi chicken (G)	Tom Kha Gai Chicken breast coconut sprouts Pointed cabbage rice (G)	Thot Plaa Muek Chicken breast sweet and sour sauce bamboo shoots zucchini carrot spring onions sesame seeds rice (G)	Asian pork goulash Spring onions (S)	
	CO ₂ / Port.: 662,00 gEnergie pro Portion: 2029 kJ, 485 kcal13,90 €	CO ₂ / Port.: 477,00 gEnergie pro Portion: 1574 kJ, 377 kcal13,90 €	CO ₂ / Port.: 1.253,00 gEnergie pro Portion: 2775 kJ, 664 kcal13,90 €	CO ₂ / Port.: 2.391,00 gEnergie pro Portion: 2236 kJ, 534 kcal13,90 €	CO ₂ / Port.: 0,00 €
Around the world	Indian tandoori chicken cauliflower Basmati rice raita spring onions (G)	Pork roast Onion sauce Red cabbage Potato dumplings (S)	Breaded schnitzel Warm potato salad Lemon (S)	Burger salad smashed potatoes (R)	Fish Bordelaise potatoes (F)
	CO ₂ / Port.: 1.340,00 gEnergie pro Portion: 2081 kJ, 495 kcal14,90 €	CO ₂ / Port.: 1.743,00 gEnergie pro Portion: 2273 kJ, 543 kcal14,90 €	CO ₂ / Port.: 1.800,00 gEnergie pro Portion: 2931 kJ, 698 kcal14,90 €	CO ₂ / Port.: 1.150,00 gEnergie pro Portion: 2807 kJ, 671 kcal14,90 €	CO ₂ / Port.: 1.612,00 gEnergie pro Portion: 3568 kJ, 531 kcal14,90 €
M.Tower Lunch	Pasta Cheese sauce Chives (V)	Corn Dog potato and pumpkin mash cole slaw dips cilantro (S)	Pasta con Polpettoni Tomato sauce Meatballs (S/R)	Pesto flavoured potatoes (G)	Pumpkin Risotto (V)
	CO ₂ / Port.: 481,00 gEnergie pro Portion: 3828 kJ, 914 kcal6,50 €	CO ₂ / Port.: 419,00 gEnergie pro Portion: 2713 kJ, 651 kcal6,50 €	CO ₂ / Port.: 929,00 gEnergie pro Portion: 2637 kJ, 630 kcal6,50 €	CO ₂ / Port.: 363,00 gEnergie pro Portion: 1777 kJ, 424 kcal6,50 €	CO ₂ / Port.: 424,00 gEnergie pro Portion: 2267 kJ, 542 kcal6,50 €
Dessert	Red fruit jelly vanilla sauce brittle (VN)	Coffee creme (V)	Semolina pudding cherry compote almonds (VN)	Stracciatella mousse coconut chocolate sauce (V)	Caramel pudding vanilla sauce almonds (V)
	CO ₂ / Port.: 119,00 gEnergie pro Portion: 333 kJ, 80 kcal3,90 €	CO ₂ / Port.: 699,00 gEnergie pro Portion: 1372 kJ, 328 kcal3,90 €	CO ₂ / Port.: 37,00 gEnergie pro Portion: 485 kJ, 116 kcal3,90 €	CO ₂ / Port.: 116,00 gEnergie pro Portion: 884 kJ, 215 kcal3,90 €	CO ₂ / Port.: 251,00 gEnergie pro Portion: 634 kJ, 152 kcal3,90 €

For food labeling information, check out our Everyday app.