



M.TOWER THE FOOD BASE

46. Week 10.11. - 16.11.2025

Starter & Soup

Plant Based

Pan Asia

Around the world

M.Tower Lunch

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil dal soup herbs sesame seeds (VN)	Pumpkin soup sesame parsley (VN)	Potato soup diced vegetables chives (VN)	Savoy cabbage soup croutons parsley (VN)	Sweet potato soup black sesame seeds parsley (VN)
	CO ₂ / Port.: 137,00 g Energie pro Portion: 626 kJ, 151 kcal 3,90 €	CO ₂ / Port.: 45,00 g Energie pro Portion: 333 kJ, 79 kcal 3,90 €	CO ₂ / Port.: 43,00 g Energie pro Portion: 389 kJ, 93 kcal 3,90 €	CO ₂ / Port.: 50,00 g Energie pro Portion: 316 kJ, 75 kcal 3,90 €	CO ₂ / Port.: 61,00 g Energie pro Portion: 567 kJ, 135 kcal 3,90 €
	Broccoli noodle gratin Cherry tomatoes breadcrumbs (VN)	NENI Za'atar roasted pumpkin Harissa dip Pearl couscous salad Pomegranate Dill Pumpkin seeds (VN)	Levante Bowl Couscous Red Lentils Red Cabbage Sultanas Arugula Chickpeas (VN)	Roasted sesame carrots Chilli sauce soy dip Vegetable bulgur sunflower seeds (VN)	Rocket rice pasta Avocado celery (VN)
	CO ₂ / Port.: 592,00 g Energie pro Portion: 5146 kJ, 1228 kcal 9,00 €	CO ₂ / Port.: 374,00 g Energie pro Portion: 1940 kJ, 464 kcal 9,00 €	CO ₂ / Port.: 807,00 g Energie pro Portion: 6640 kJ, 1587 kcal 9,00 €	CO ₂ / Port.: 590,00 g Energie pro Portion: 5206 kJ, 1244 kcal 9,00 €	CO ₂ / Port.: 426,00 g Energie pro Portion: 2180 kJ, 520 kcal 9,00 €
	Malaysian cashew chicken Soy sauce mie noodles (G)	Beef strips "ginger-pineapple" Vegetables sweet potato puree (R)	Pork bamboo udon noodles (S)	Bami Goreng (G)	
	CO ₂ / Port.: 1.963,00 g Energie pro Portion: 3006 kJ, 717 kcal 14,90 €	CO ₂ / Port.: 2.746,00 g Energie pro Portion: 1782 kJ, 426 kcal 14,90 €	CO ₂ / Port.: 1.694,00 g Energie pro Portion: 2768 kJ, 662 kcal 14,90 €	CO ₂ / Port.: 668,00 g Energie pro Portion: 1868 kJ, 444 kcal 13,90 €	CO ₂ / Port.: 0,00 €
	Hearty cabbage roll Bacon gravy mashed potatoes(S)	Pork schnitzel Paprika sauce spätzle autumn vegetables (S)	NENI Shawarma Bowl Marinated chicken chickpea salad Tomatoes cucumbers red cabbage (G)	NENI fried sea bass Autumn vegetables batata harra hummus Roasted chickpeas zhug (F)	Burger Beef Tomatoes salad fried Onions french fries (R)
	CO ₂ / Port.: 542,00 g Energie pro Portion: 1641 kJ, 391 kcal 13,90 €	CO ₂ / Port.: 1.848,00 g Energie pro Portion: 2674 kJ, 636 kcal 13,90 €	CO ₂ / Port.: 1.079,00 g Energie pro Portion: 2609 kJ, 624 kcal 13,90 €	CO ₂ / Port.: 890,00 g Energie pro Portion: 3298 kJ, 789 kcal 15,90 €	CO ₂ / Port.: 1.438,00 g Energie pro Portion: 3583 kJ, 856 kcal 14,90 €
	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €
	Mango Lassi (VN)	Soy yoghurt fruits almonds (VN)	Rice pudding cherries (V)	Semolina blackberry jelly (VN)	green smoothie (VN)
	CO ₂ / Port.: 151,00 g Energie pro Portion: 284 kJ, 68 kcal 3,90 €	CO ₂ / Port.: 180,00 g Energie pro Portion: 526 kJ, 126 kcal 3,90 €	CO ₂ / Port.: 354,00 g Energie pro Portion: 829 kJ, 198 kcal 3,90 €	CO ₂ / Port.: 35,00 g Energie pro Portion: 454 kJ, 109 kcal 3,90 €	CO ₂ / Port.: 40,00 g Energie pro Portion: 276 kJ, 66 kcal 3,90 €

For food labeling information, check out our Everyday app.