



# M.TOWER THE FOOD BASE

25. Week 16.06. - 22.06.2025

## Starter & Soup

| Montag                                                                               | Dienstag                                                                             | Mittwoch                                                                             | Donnerstag                                                                           | Freitag                                   |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|
| Zucchini-suppe   Petersilie (V)                                                      | Champignon-cremesuppe (V)                                                            | Karotten-Mango-Kaltschale   Sesam (VN)                                               | Feiertag                                                                             |                                           |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>304 kJ, 73 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>311 kJ, 74 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>396 kJ, 94 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br><b>0,00 €</b> |

## Plant Based

|                                                                                         |                                                                                           |                                                                                        |                                                                                      |                                           |
|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|
| Bulgur-Quinoa Salat   Grill-Gemüse   Hirtenkäse (VN)                                    | Sataras<br>Balkangemüse aus Paprika   Zwiebeln   Tomaten   Reis Hafer Sour-Creme Dip (VN) | Waikiki Bowl<br>Edamame   Mango-Reis   Wakame   Lauchzwiebeln   Tofu   Gurke (VN)      | Feiertag                                                                             |                                           |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>10654 kJ, 637 kcal<br><b>9,00 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>1498 kJ, 358 kcal<br><b>9,00 €</b>    | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2153 kJ, 515 kcal<br><b>9,00 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br><b>0,00 €</b> |

## Pan Asia

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|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|
| Nasi Goreng<br>Hähnchenbrust   frisches Gemüse   Asiatischer Gurkensalat   Sambal Oelek (G) | Rotes Thai-Curry<br>Tofu   Rinderhack   Kokosmilch   Wokgemüse   Basmatireisreis   Sesam (R) | Frühlingsrolle<br>Knackigem Asiatischem Gemüse   Reis (V)                               | Feiertag                                                                             |                                           |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2897 kJ, 691 kcal<br><b>13,90 €</b>     | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2536 kJ, 607 kcal<br><b>14,90 €</b>      | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2933 kJ, 701 kcal<br><b>12,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br><b>0,00 €</b> |

## Around the world

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|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Pasta al Pesto<br>Hähnchenbruststreifen   geriebenem Käse   Rucola-Salat (G)             | Putenrahmgeschnetzeltes   Erbsen   Eierspätzle (G)                                      | Mexikanischer Burrito<br>Weizentortilla   Hühnerbrust   Paprika   Reis   Mais   Salsa (G) | Feiertag                                                                             | Zwei Hot Dogs mit Pommes frites(S)                                                      |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>4862 kJ, 1160 kcal<br><b>14,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>3086 kJ, 733 kcal<br><b>13,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2653 kJ, 632 kcal<br><b>14,50 €</b>   | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>4497 kJ, 1073 kcal<br><b>6,50 €</b> |

## M.Tower Lunch

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|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|
| Rote-Beete Puffer   Salat (VN)                                                        | Überbackene Schinken-Nudeln (S)                                                        | Schupfnudelpfanne<br>Spitzkohl   Champignons   Karotten (V)                            | Feiertag                                                                             |                                           |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>817 kJ, 195 kcal<br><b>6,50 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>2429 kJ, 580 kcal<br><b>6,50 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>1226 kJ, 294 kcal<br><b>6,50 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br><b>0,00 €</b> |

## Dessert

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|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------|
| Ananasquark   Kokos (V)                                                               | Panna Cotta Pudding   Brombeergrütze (V)                                              | Erdbeer-Rhabarberjoghurt   Mandeln (V)                                               | Feiertag                                                                             |                                           |
| CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>625 kJ, 149 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>850 kJ, 203 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>366 kJ, 87 kcal<br><b>3,90 €</b> | CO <sub>2</sub> / Port.:<br>Energie pro Portion:<br>326 kJ, 78 kcal<br><b>0,00 €</b> | CO <sub>2</sub> / Port.:<br><b>0,00 €</b> |

For food labeling information, check out our Everyday app.