

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Vegetable goulash soup with potatoes and peppers (VN) CO2 Wert/Port.: 100g Energie pro Portion: 687 kJ, 165 kcal 3,90 €	Carrot and ginger soup with coconut milk and coriander (VN) CO2 Wert/Port.: 108g Energie pro Portion: 514 kJ, 124 kcal 3,90 €	Pea cream soup with sunflower seeds (V) CO2 Wert/Port.: 77g Energie pro Portion: 531 kJ, 127 kcal 3,90 €	Chestnut and carrot soup with white balsamic vinegar (VN) CO2 Wert/Port.: 74g Energie pro Portion: 553 kJ, 133 kcal 3,90 €	Santa Claus menu Winter salad with oranges, pumpkin seeds, Apple vinaigrette, goat cheese praline with walnut (V) CO2 Wert/Port.: 414g Energie pro Portion: 2514 kJ, 600 kcal 3,90 €
Plant Based	Millet with carrot and chestnut ragout, braised cherry tomatoes, Marinated autumn herb salad and beetroot dressing (VN) CO2 Wert/Port.: 193g Energie pro Portion: 2141 kJ, 512 kcal 9,00 €	Quinoa with fried mushrooms, beans, apple and pear chutney and flaxseed (VN) CO2 Wert/Port.: 335g Energie pro Portion: 1403 kJ, 335 kcal 9,00 €	Mediterranean Bowl Pasta with Dried Tomatoes , Artichokes , Carrots , Cucumbers , Arugula , Ciabatta and Balsamic Dressing (VN) CO2 Wert/Port.: 360g Energie pro Portion: 2639 kJ, 630 kcal 9,00 €	Gnocchi in a hearty tomato sauce Pointed cabbage from the oven with breadcrumbs (VN) CO2 Wert/Port.: 181g Energie pro Portion: 1069 kJ, 255 kcal 9,00 €	Mediterranean barley pumpkin vegetables with arugula, pea pesto and almonds (VN) CO2 Wert/Port.: 342g Energie pro Portion: 1895 kJ, 450 kcal 9,00 €
Pan Asia	Korean Japchedebap with Glass Noodles, Vegetables Beef Strips, Egg Omelette, Spring Onions and Sesame(R) CO2 Wert/Port.: 2313g Energie pro Portion: 2342 kJ, 559 kcal 13,90 €	Pad Thai Fried noodles with crunchy vegetables, egg, shrimps and chicken strips(F,G) CO2 Wert/Port.: 1934g Energie pro Portion: 4369 kJ, 1043 kcal 14,90 €	Alu Gobi - Indian cauliflower curry with potatoes and beans (V) CO2 Wert/Port.: 207g Energie pro Portion: 962 kJ, 229 kcal 12,90 €	Cod on pak choi, oyster mushrooms, pepper vegetables with Basmati rice, yakisob sauce and peanuts(F) CO2 Wert/Port.: 1150g Energie pro Portion: 2346 kJ, 561 kcal 14,90 €	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €
Around the world	Cevapcici, beef meat balls, with Ajvar, Djuvec rice and cabbage salad (R) CO2 Wert/Port.: 1793g Energie pro Portion: 2475 kJ, 591 kcal 14,90 €	Baked calamari with garlic dip, fries and Side Dishes Salad (F) CO2 Wert/Port.: 1050g Energie pro Portion: 3574 kJ, 853 kcal 13,90 €	Chicken Cordon Bleu with Glazed Carrots and Potato Gratin (G) CO2 Wert/Port.: 914g Energie pro Portion: 2178 kJ, 520 kcal 14,90 €	Beef patty with mushroom sauce, boiled potato and Creamed Savoy Cabbage(R) CO2 Wert/Port.: 1301g Energie pro Portion: 3014 kJ, 719 kcal 13,50 €	St. Nicholas Menu Duck breast with honey crust served with red cabbage and dumplings (G) CO2 Wert/Port.: 1041g Energie pro Portion: 2597 kJ, 619 kcal 14,50 €
M.Tower Lunch	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal 0,00 €
Dessert	Apple Crumble (VN) Plum compote (VN) CO2 Wert/Port.: 55g Energie pro Portion: 888 kJ, 212 kcal 3,90 €	Sweet rice pudding casserole with cinnamon (V) CO2 Wert/Port.: 171g Energie pro Portion: 507 kJ, 121 kcal 3,90 €	Porridge with Apple cubes and almond slicer (V) CO2 Wert/Port.: 68g Energie pro Portion: 754 kJ, 180 kcal 3,90 €	Detox Smoothie with Spinach and Banana (VN) CO2 Wert/Port.: 48g Energie pro Portion: 313 kJ, 75 kcal 3,90 €	Baked apple tiramisu (VN) CO2 Wert/Port.: 161g Energie pro Portion: 1050 kJ, 251 kcal 3,90 €

For food labeling information, check out our Everyday app.