

# Speiseplan 02.11.2026 - 08.11.2026 KW 45

Menüservice



|                       | MONTAG                                                                                                                                           | DIENSTAG                                                                                                                     | MITTWOCH                                                                                                                     | DONNERSTAG                                                                                                                                      | FREITAG                                                                                                                                          | SAMSTAG                                                                                                                                        | SONNTAG                                                                                                                                      |
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| Mittagsmenü           | 02.11.2026                                                                                                                                       | 03.11.2026                                                                                                                   | 04.11.2026                                                                                                                   | 05.11.2026                                                                                                                                      | 06.11.2026                                                                                                                                       | 07.11.2026                                                                                                                                     | 08.11.2026                                                                                                                                   |
| SUPPE                 | Lauchcremesuppe<br>3/GL/LA/SL<br>155 kcal   4 g EW   11 g F   10 g KH                                                                            | Curry-Kokossuppe<br>1/2/3/GL/LA/SL<br>221 kcal   3 g EW   17 g F   13 g KH                                                   | Blumenkohl-cremesuppe<br>3/GL/LA/SL<br>180 kcal   4 g EW   11 g F   14 g KH                                                  | Eierflockensuppe<br>EI/SL<br>39 kcal   3 g EW   2 g F   2 g KH                                                                                  | Leberspätzlesuppe<br>EI/GL/GL-W/SL<br>56 kcal   5 g EW   1 g F   6 g KH                                                                          |                                                                                                                                                | Süßkartoffelsuppe<br>LA/SL<br>139 kcal   2 g EW   5 g F   21 g KH                                                                            |
| MENÜ 1<br>VOLLKOST    | Hähnchenschlegel<br>auf Paprika-Letscho<br>mit Wilde Kartoffeln<br><br>8<br>747 kcal   32 g EW   50 g F   40 g KH                                | Schweinehalsbraten<br>mit Bayrisch Kraut<br>und Semmelknödel<br><br>3/EI/GL/GL-W/LA<br>679 kcal   36 g EW   34 g F   56 g KH | Käsespätzle<br>mit Röstzwiebel<br>und gemischtem Salat<br><br>2/9/21/EI/GL/LA/S/SO<br>1225 kcal   40 g EW   61 g F   89 g KH | Putenschnitzel<br>mit Blattspinat<br>und Gnocchi<br><br>1/3/GL/GL-W/LA<br>599 kcal   34 g EW   22 g F   65 g KH                                 | Hokifilet<br>mit Zitronenbuttersoße<br>Lauchnudeln<br>und grüner Salat<br><br>1/EI/FI/GL/GL-W/LA/S/SO<br>1018 kcal   32 g EW   51 g F   105 g KH | Kürbis-Kartoffelsuppe<br>mit Fleischklößchen<br>Brötchen<br>Schokokuchen<br><br>3/8/EI/GL/LA/SD/SE/SL<br>817 kcal   22 g EW   36 g F   88 g KH | Kalbsragout in<br>Portweinsoße<br>mit glacierte Karotten<br>und Kroketten<br><br>GL/GL-W/LA/SD/SL<br>525 kcal   25 g EW   22 g F   56 g KH   |
| MENÜ 2<br>VEGETARISCH | Vollkornspiralen mit<br>Kohlrabi und<br>Zuckerschoten<br>dazu grüner Salat<br><br>21/EI/GL/GL-W/LA/S/SL<br>633 kcal   17 g EW   27 g F   71 g KH | Sellerieschnitzel<br>mit Tomatenragout<br>und Farfalle<br><br>1/EI/GL/GL-W/LA/SL<br>403 kcal   12 g EW   14 g F   56 g KH    | Ofenschlupfer<br>mit Vanillesoße<br><br>EI/GL/GL-W/LA/SC/SC-MA<br>803 kcal   23 g EW   28 g F   108 g KH                     | Salbei Gnocchi mit<br>Tomatensoße<br>Mozzarella<br>und Chinakohlsalat<br><br>1/3/9/10/11/21/EI/GL/LA/S<br>522 kcal   11 g EW   20 g F   72 g KH | Überbackene<br>Süßkartoffeln<br>mit Kräuterquark<br>und Paprikasalat<br><br>2/EI/LA<br>793 kcal   23 g EW   46 g F   68 g KH                     | Tomateneintopf mit<br>Tortellini<br>Brötchen<br>Schokokuchen<br><br>3/8/EI/GL/LA/SE/SL<br>852 kcal   25 g EW   32 g F   110 g KH               | Gemüsegulasch in<br>Kräutersoße<br>mit Kroketten<br>und grüner Salat<br><br>3/21/EI/GL/GL-W/LA/S/SL<br>481 kcal   10 g EW   25 g F   51 g KH |
| DESSERT               | Heidelbeerjoghurt<br>LA<br>162 kcal   5 g EW   4 g F   26 g KH                                                                                   | Apfelmus<br>3<br>90 kcal   0 g EW   0 g F   21 g KH                                                                          | Grießpudding<br>GL/GL-W/LA<br>129 kcal   4 g EW   4 g F   19 g KH                                                            | Mokkacreme<br>LA<br>105 kcal   2 g EW   3 g F   18 g KH                                                                                         | Tutti Frutti<br>1/3/LA/SO<br>221 kcal   4 g EW   4 g F   41 g KH                                                                                 | Mangojoghurt<br>LA<br>93 kcal   3 g EW   2 g F   16 g KH                                                                                       | Schokomousse<br>LA<br>240 kcal   5 g EW   13 g F   24 g KH                                                                                   |

## Abendessen

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| Wurst- Käseaufschnitt<br><br>Brot/Butter<br><br>2/3/8/GL/G/GL-H/GL-R/GL-W/LA/S/SC-PI/SE<br>366 kcal   19 g EW   27 g F   11 g KH | Nudelsalat<br><br>Brot/Butter<br><br>EI/GL/GL-G/GL-H/GL-R/GL-W/LA/SE<br>162 kcal   5 g EW   5 g F   25 g KH | Pizzafleischkäse<br><br>Schnittlauchfrischkäse<br><br>Brot/Butter<br><br>2/3/8/GL/GL-G/GL-H/GL-R/GL-W/LA/SE<br>235 kcal   7 g EW   17 g F   12 g KH | Honigschinken<br><br>Bockshornkleekäse<br><br>Brot/Butter<br><br>1/2/3/8/GL/GL-G/GL-H/GL-R/GL-W/LA/SE<br>214 kcal   13 g EW   13 g F   12 g KH | Paprikalyoner<br><br>St.Albray<br><br>Eingelegte Paprika<br><br>Brot/Butter<br><br>1/2/3/8/9/21/GL/GL-G/GL-H/GL-R/GL-W/LA/SE<br>342 kcal   17 g EW   25 g F   13 g KH | Geflügel Aufschnitt<br><br>Ziegenbrie<br><br>Brot/Butter<br><br>1/2/3/8/GL/GL-G/GL-H/GL-R/GL-W/LA/SE<br>222 kcal   10 g EW   15 g F   12 g KH | Schweinefiletpastete<br><br>Waldorfsalat<br><br>Maasdammer<br><br>Brot/Butter<br><br>1/2/3/8/GL/GL-G/GL-H/GL-R/GL-W/LA/SE/SL<br>338 kcal   17 g EW   22 g F   17 g K |
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