

DINNER

MENU (13. / 18. / 23.)

Brotstation

contains Allergens: A1,A2,G

	100 g	
Energy (in kilocalories)	277,67	kcal
Energy (in kilojoules)	1163,11	kJ
Fat	15,34	g
of which saturates	9,42	g
Carbohydrates	24,08	g
Sugar	1,36	g
Protein	10,68	g
Salt	1,17	g

Indian Curry Chicken Strips

with spicy vegetable rice

contains Additives: 9; Allergens: B,G

	100 g	
Energy (in kilocalories)	75,08	kcal
Energy (in kilojoules)	314,00	kJ
Fat	2,80	g
of which saturates	0,92	g
Carbohydrates	6,62	g
Sugar	1,23	g
Protein	4,69	g
Salt	0,38	g

Pasta (vegan)

with vegetable bolognese with grated hard cheese

contains Additives: 2; Allergens: A1,I

	100 g	
Energy (in kilocalories)	105,85	kcal
Energy (in kilojoules)	444,15	kJ
Fat	0,86	g
of which saturates	0,11	g
Carbohydrates	20,40	g
Sugar	1,05	g
Protein	3,78	g
Salt	0,26	g

Pasta (vegan)

in tuscan tomato sauce with grated hard cheese

contains Additives: 2; Allergens: A1,G,I

	100 g	
Energy (in kilocalories)	126,58	kcal
Energy (in kilojoules)	529,86	kJ
Fat	1,36	g
of which saturates	0,52	g
Carbohydrates	1,44	g
Sugar	1,10	g
Protein	1,67	g
Salt	0,55	g

DINNER

MENU (14. / 19. / 24.)

Brotstation

contains Allergens: A1,A2,G

	100 g	
Energy (in kilocalories)	277,67	kcal
Energy (in kilojoules)	1163,11	kJ
Fat	15,34	g
of which saturates	9,42	g
Carbohydrates	24,08	g
Sugar	1,36	g
Protein	10,68	g
Salt	1,17	g

Chicken Cutlet

with italian stir-fried vegetables, quinoa rice mix and tomato sauce

contains Additives: 2; Allergens: A,C,G,I

	100 g	
Energy (in kilocalories)	102,88	kcal
Energy (in kilojoules)	430,45	kJ
Fat	2,58	g
of which saturates	0,50	g
Carbohydrates	3,68	g
Sugar	1,61	g
Protein	5,44	g
Salt	0,42	g

Mediterranean Tortelloni (vegan)

with vegetable ratatouille

contains Allergens: A1

	100 g	
Energy (in kilocalories)	149,50	kcal
Energy (in kilojoules)	631,00	kJ
Fat	2,78	g
of which saturates	0,15	g
Carbohydrates	24,75	g
Sugar	0,70	g
Protein	5,10	g
Salt	0,33	g

Pasta (vegan)

in tuscan tomato sauce with grated hard cheese

contains Additives: 2; Allergens: A1,G,I

	100 g	
Energy (in kilocalories)	126,58	kcal
Energy (in kilojoules)	529,86	kJ
Fat	1,36	g
of which saturates	0,52	g
Carbohydrates	1,44	g
Sugar	1,10	g
Protein	1,67	g
Salt	0,55	g

DINNER

MENU (15. / 20. / 25.)

Brotstation

contains Allergens: A1,A2,G

	100 g	
Energy (in kilocalories)	277,67	kcal
Energy (in kilojoules)	1163,11	kJ
Fat	15,34	g
of which saturates	9,42	g
Carbohydrates	24,08	g
Sugar	1,36	g
Protein	10,68	g
Salt	1,17	g

Chicken in red Pesto Marinade

mit Blattspinat, Rosmarin-Wedges und Tomatensauce

contains Additives: 2; Allergens: G,H,I

	100 g	
Energy (in kilocalories)	94,46	kcal
Energy (in kilojoules)	396,00	kJ
Fat	4,03	g
of which saturates	0,03	g
Carbohydrates	8,75	g
Sugar	0,68	g
Protein	5,40	g
Salt	0,15	g

Pumpkin curry (vegan)

with pasta

contains Additives: 3,6; Allergens: A1,J

	100 g	
Energy (in kilocalories)	124,83	kcal
Energy (in kilojoules)	523,17	kJ
Fat	2,33	g
of which saturates	0,18	g
Carbohydrates	21,17	g
Sugar	1,48	g
Protein	4,03	g
Salt	0,23	g

Pasta (vegan)

in tuscan tomato sauce with grated hard cheese

contains Additives: 2,10; Allergens: A1,G,I

	100 g	
Energy (in kilocalories)	113,15	kcal
Energy (in kilojoules)	474,79	kJ
Fat	2,07	g
of which saturates	0,63	g
Carbohydrates	18,51	g
Sugar	1,16	g
Protein	4,74	g
Salt	0,71	g

DINNER

MENU (16. / 21. / 26.)

Brotstation

contains Allergens: A1,A2,G

	100 g	
Energy (in kilocalories)	268,18	kcal
Energy (in kilojoules)	1123,86	kJ
Fat	12,05	g
of which saturates	7,16	g
Carbohydrates	29,89	g
Sugar	1,59	g
Protein	9,89	g
Salt	0,80	g

Chicken Strips in Teriyaki Sauce with asian vegetables and potatoes

contains Additives: 1,14; Allergens: A,F

	100 g	
Energy (in kilocalories)	98,55	kcal
Energy (in kilojoules)	412,91	kJ
Fat	1,69	g
of which saturates	0,25	g
Carbohydrates	11,65	g
Sugar	5,13	g
Protein	11,33	g
Salt	0,78	g

Chili sin Carne (vegan) with potatoes

contains Additives: 1,2

	100 g	
Energy (in kilocalories)	75,67	kcal
Energy (in kilojoules)	316,50	kJ
Fat	1,03	g
of which saturates	0,10	g
Carbohydrates	13,97	g
Sugar	1,33	g
Protein	2,15	g
Salt	0,47	g

Pasta (vegan)

in tuscan tomato sauce with grated hard cheese

contains Additives: 2; Allergens: A1,G,I

	100 g	
Energy (in kilocalories)	108,49	kcal
Energy (in kilojoules)	455,34	kJ
Fat	1,64	g
of which saturates	0,56	g
Carbohydrates	18,41	g
Sugar	1,21	g
Protein	4,71	g
Salt	0,49	g

DINNER

MENU (12. / 17. / 22.)

Brotstation

contains Allergens: A1,A2,G

	100 g	
Energy (in kilocalories)	277,67	kcal
Energy (in kilojoules)	1163,11	kJ
Fat	15,34	g
of which saturates	9,42	g
Carbohydrates	24,08	g
Sugar	1,36	g
Protein	10,68	g
Salt	1,17	g

Viennese Fried Chicken

with potato salad and tuscan tomato sauce

contains Additives: 2,10; Allergens: A1,C,I,J

	100 g	
Energy (in kilocalories)	110,44	kcal
Energy (in kilojoules)	462,65	kJ
Fat	5,94	g
of which saturates	0,94	g
Carbohydrates	9,44	g
Sugar	1,22	g
Protein	5,31	g
Salt	1,22	g

Gyros (vegan) with wild mushrooms, potato salad and vegan sour cream

contains Additives: 2; Allergens: A4,J

	100 g	
Energy (in kilocalories)	142,00	kcal
Energy (in kilojoules)	591,83	kJ
Fat	9,47	g
of which saturates	0,47	g
Carbohydrates	7,58	g
Sugar	0,75	g
Protein	5,95	g
Salt	0,48	g

Pasta (vegan)

in tuscan tomato sauce with grated hard cheese

contains Additives: 2,10; Allergens: A1,G,I

	100 g	
Energy (in kilocalories)	131,23	kcal
Energy (in kilojoules)	549,32	kJ
Fat	1,79	g
of which saturates	0,59	g
Carbohydrates	1,53	g
Sugar	1,07	g
Protein	1,70	g
Salt	0,77	g