

## LUNCH

### 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

#### Chicken Breast Steak

with ratatouille and spicy vegetable rice

	100 g	
Energy (in kilocalories)	69,67	kcal
Energy (in kilojoules)	290,83	kJ
Fat	2,17	g
of which saturates	0,70	g
Carbohydrates	5,57	g
Sugar	1,03	g
Protein	6,73	g
Salt	0,60	g

#### Pollack Fillet

with ratatouille and spicy vegetable rice

contains Allergens: A1,A2,A3,A4,D

	100 g	
Energy (in kilocalories)	84,55	kcal
Energy (in kilojoules)	353,79	kJ
Fat	3,89	g
of which saturates	0,65	g
Carbohydrates	8,70	g
Sugar	1,23	g
Protein	3,39	g
Salt	0,65	g

## **Vegetable Curry (vegan) with spicy vegetable rice**

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

	<b>100 g</b>	
Energy (in kilocalories)	82,14	kcal
Energy (in kilojoules)	342,86	kJ
Fat	3,14	g
of which saturates	0,69	g
Carbohydrates	10,47	g
Sugar	1,86	g
Protein	2,34	g
Salt	0,54	g

## **Pasta (vegan)**

**in tuscan tomato sauce with grated hard cheese**

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

	<b>100 g</b>	
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

## **Chicken Breast Steak**

**with vegetables and vegetable rice**

	<b>100 g</b>	
Energy (in kilocalories)	68,20	kcal
Energy (in kilojoules)	284,60	kJ
Fat	1,14	g
of which saturates	0,50	g
Carbohydrates	5,92	g
Sugar	1,36	g
Protein	8,32	g
Salt	0,28	g

## LUNCH

### MENU (14. / 19. / 24.)

#### 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 Crispy Cutlet with summer vegetables, potato salad and tomato sauce

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

	100 g	
Energy (in kilocalories)	105,86	kcal
Energy (in kilojoules)	443,43	kJ
Fat	4,36	g
of which saturates	1,14	g
Carbohydrates	10,60	g
Sugar	1,69	g
Protein	5,79	g
Salt	0,63	g

#### Beef Stroganov

with summer vegetables and pasta

contains Additives: 8,14; Allergens: A1,G,L

	100 g	
Energy (in kilocalories)	109,54	kcal
Energy (in kilojoules)	459,23	kJ
Fat	2,15	g
of which saturates	0,60	g
Carbohydrates	16,91	g
Sugar	1,22	g
Protein	5,37	g
Salt	0,11	g

## Vegan Meatballs

### in a tomato sugo with pasta

contains Additives: 1; Allergens: A,I,J

	<b>100 g</b>	
Energy (in kilocalories)	138,77	kcal
Energy (in kilojoules)	582,77	kJ
Fat	2,92	g
of which saturates	0,05	g
Carbohydrates	21,06	g
Sugar	0,11	g
Protein	6,26	g
Salt	0,00	g

## Pasta (vegan)

### in tomato sauce with grated hard cheese

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

	<b>100 g</b>	
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

## Chicken breast fillet with carrots and vegetable rice mix.

contains Additives: 9; Allergens: B,G

	<b>100 g</b>	
Energy (in kilocalories)	86,20	kcal
Energy (in kilojoules)	360,80	kJ
Fat	1,38	g
of which saturates	0,28	g
Carbohydrates	13,44	g
Sugar	1,48	g
Protein	4,14	g
Salt	0,12	g

## LUNCH

### 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 Fillet in Ginger Soubis with glazed carrots and potatoes

contains Additives: 1,9; Allergens: B,G

	100 g	
Energy (in kilocalories)	77,17	kcal
Energy (in kilojoules)	323,33	kJ
Fat	1,52	g
of which saturates	0,32	g
Carbohydrates	10,55	g
Sugar	2,45	g
Protein	4,10	g
Salt	0,08	g

#### Pollock Fillet in Quinoa breading with glazed carrots, potatoes and miso cream

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

	100 g	
Energy (in kilocalories)	132,86	kcal
Energy (in kilojoules)	553,65	kJ
Fat	6,19	g
of which saturates	0,32	g
Carbohydrates	14,71	g
Sugar	2,35	g
Protein	4,17	g
Salt	0,30	g

## Red Lentil Dal (vegan)

### with miso cream

contains Additives: 3,6,14; Allergens: A,F,J

	<b>100 g</b>	
Energy (in kilocalories)	146,55	kcal
Energy (in kilojoules)	610,18	kJ
Fat	8,80	g
of which saturates	0,64	g
Carbohydrates	10,64	g
Sugar	2,84	g
Protein	2,49	g
Salt	0,76	g

## Pasta (vegan) in toskanischer Tomatensauce mit geriebenem Hartkäse

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

	<b>100 g</b>	
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

## Hähnchenbrustfilet

### mit Karotten und Reis Gemüsemischung

	<b>100 g</b>	
Energy (in kilocalories)	69,80	kcal
Energy (in kilojoules)	291,40	kJ
Fat	1,30	g
of which saturates	0,60	g
Carbohydrates	6,44	g
Sugar	1,92	g
Protein	7,84	g
Salt	0,34	g

## LUNCH

### 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 Karaage

with wok vegetables, rice and teriyaki glaze

contains Additives: 3,7,14; Allergens: A,F

	100 g	
Energy (in kilocalories)	116,77	kcal
Energy (in kilojoules)	489,38	kJ
Fat	2,31	g
of which saturates	0,66	g
Carbohydrates	18,29	g
Sugar	4,48	g
Protein	36,12	g
Salt	0,77	g

#### Goulash

with rice

contains Additives: 8,9,14; Allergens: A1,J,L

	100 g	
Energy (in kilocalories)	106,77	kcal
Energy (in kilojoules)	446,77	kJ
Fat	2,18	g
of which saturates	0,69	g
Carbohydrates	15,75	g
Sugar	0,65	g
Protein	4,77	g
Salt	0,18	g

## **Vegetarian „Chicken“ in teriyaki sauce with mediterranean ratatouille vegetables and rice**

**contains Additives: 3,14; Allergens: A,F,I**

	<b>100 g</b>	
Energy (in kilocalories)	277,33	kcal
Energy (in kilojoules)	396,44	kJ
Fat	1,07	g
of which saturates	0,16	g
Carbohydrates	23,62	g
Sugar	3,98	g
Protein	4,67	g
Salt	0,84	g

## **Pasta (vegan)**

### **in tuscan tomato sauce with grated hard cheese**

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

	<b>100 g</b>	
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

## **Roasted Chicken Breast Fillet with chinese vegetables and long grain rice**

**contains Additives: 9; Allergens: B,G**

	<b>100 g</b>	
Energy (in kilocalories)	86,20	kcal
Energy (in kilojoules)	360,80	kJ
Fat	1,38	g
of which saturates	0,28	g
Carbohydrates	13,44	g
Sugar	1,48	g
Protein	4,14	g
Salt	0,12	g

## LUNCH

### 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

#### Red Thai Curry

with chicken and wild rice

contains Additives: 3; Allergens: A1,F,G,K,L

	100 g	
Energy (in kilocalories)	251,08	kcal
Energy (in kilojoules)	1051,23	kJ
Fat	3,29	g
of which saturates	0,66	g
Carbohydrates	41,57	g
Sugar	1,35	g
Protein	12,51	g
Salt	0,09	g

#### Salmon Lasagna

with ratatouille vegetables and miso cream

contains Additives: 14; Allergens: A,C,D,F,G,J

	100 g	
Energy (in kilocalories)	166,83	kcal
Energy (in kilojoules)	695,67	kJ
Fat	11,80	g
of which saturates	2,28	g
Carbohydrates	10,22	g
Sugar	1,33	g
Protein	4,68	g
Salt	1,15	g

## Potato-Gnocchi-Vegetable Casserole with tomato sauce

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

	<b>100 g</b>	
Energy (in kilocalories)	102,92	kcal
Energy (in kilojoules)	433,85	kJ
Fat	2,65	g
of which saturates	0,03	g
Carbohydrates	15,32	g
Sugar	0,62	g
Protein	3,43	g
Salt	0,23	g

## Pasta (vegan)

### in tuscan tomato sauce with grated hard cheese

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

	<b>100 g</b>	
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

## Chicken breast filet with ratatouille and wild rice

	<b>100 g</b>	
Energy (in kilocalories)	192,00	kcal
Energy (in kilojoules)	804,00	kJ
Fat	1,78	g
of which saturates	0,30	g
Carbohydrates	30,48	g
Sugar	0,76	g
Protein	12,86	g
Salt	0,36	g