

Week 1	Hearty and regional	Mediterranean and international	Light and easily digestible	Dessert
Monday	Spaghetti ^{a1,c} with vegetarian bolognese ^{3,c,i}	Cod fillet ^{a1,d,l} on "Dijon" mustard sauce ^{a,g,l} , potatoes ^{3,l} Red cabbage salad	Rice soup with poultry meat ^{3,l} , bread ^a	fresh fruit or Strawberry curd ^{1,g}
Tuesday	Sliced pork meat gyros style ^{i,j} , tzatziki ^{4,g} , rice tomato salad	Potato gnocchi ^c on spinach-cheese cream sauce ^{1,a1,c,g} tomato salad	Turkey steak ^{1,3,a1} , sauce ^{1,a1,f,g,i,j} Corn-carrot-broccoli-vegetable, potatoes	fresh fruit
Wednesday	Beef boiled, horseradish sauce ^{3,a1,g,i,l} potato dumplings Beetroot salad	Rice with vegetables ^l , tomato sauce ^a	Plaice fillet ^{a1,d,l} , parsley sauce ^{a1,g} , mashed potatoes ^g , Beetroot salad	fresh fruit or Red jelly with vanilla sauce ^{a1,g}
Thursday	Fried chicken breast ⁴ vegetables ^{a1} polenta medallions	vegetarian lentil-potatoes ragout ^{g,j,l}	meatloaf with sauce ^{1,a1,c,i,j} , carrots and potatoes	fresh fruit
Friday	„Jägerschnitzel“ ^{1,2,3,4,7a1,c,j} (breaded, and fried pork sausage), tomato sauce ^{a1} macaroni ^{a1} Cucumber salad	Casserole with zucchini, beef and cheese ^{a1,c,g} vegetable sauce ^{a1,g} ;	Potato soup ^{g,l} with sausage ^{2,3,7} , bread ^{a1,a2}	fresh fruit or Jelly with vanilla sauce ^{1,g}
Saturday	Pork chop smoked with sauce ^{1,2,3,4,7,a1,i,j} buttered peas ^g , potatoes		cauliflower-cheese medallion ^{1,a1,g} herb sauce ^{a1,g} , mashed potatoes ^g	fresh fruit
Sunday	Beef goulash ^{1,a1,g,i} , red cabbage vegetables ³ , dumplings slices ^{a1,c}	Vegetable skewers, vegetable sauce ^{a1} , potatoes	Turkey and vegetables rissole of ^{7,a1,g,i,j} sauce ^{1,a1,i} carrots and potatoes	fresh fruit or vanilla pudding ^{1,g}

Note: Due to the arrangements at the food counter allergens cannot be excluded.

Week 2	Hearty and regional	Mediterranean and international	Light and easily digestible	Dessert
Monday	2 eggs ^c boiled, mustard sauce ^{a1,g,j} , potatoes , red cabbage salad	Lemon chicken with coconut-milk sauce ^{2,a1,g} wild-rice mix ⁱ	Carrot soup with beef ⁱ bread ^{a1,a2}	fresh fruit or chocolate-curd dessert ^{1,g}
Tuesday	Breaded pork escalope ^a sauce ^{1,a1,i,j} vegetable mix ^g potatoes	Tortellini filled with cream cheese ^{a1, c, g} , cheese- sauce ^{1,a1,g} , Tomato salad	Turkey sliced, cream sauce ^{a1,l} mixed vegetable "Spaetzle" ^{a1,c} (soft egg noodles)	fresh fruit
Wednesday	Spaghetti ^{a1,c} sauce Bolognese ^{1,a1,i} Cucumber salad	"Rösti" (hash-browned potatoes) with herb-curd dip ^g Cucumber salad	Cooked meatballs ^c in caper sauce ^{a1, g} , potatoes Beetroot salad	fresh fruit or strawberry pudding ^{1,g}
Thursday	"Sauerbraten" (in vinegar marinated braised beef) with sauce ^{1,a,1,i} red cabbage vegetable ³ Thuringia potato dumplings ^{3,a1,l}	Noodle casserole with minced meat, tomatoes and herders cheese ^{a1,c,g} paprika sauce ^{2,a1,i}	Scrambled eggs ^{c, g} , spinach, ^{a1, g} , potatoes	fresh fruit
Friday	Green-beans soup with beef mead ^{a1, i} bread ^{a1,a2}	Curry vegetarian with spinach leaves ^{a1,g} and fried potatoes- vegetable patties ^{a1,c}	Pollock fillet fried breaded ^{a,d,g} , herb sauce ^{a,g} , rice with vegetable	fresh fruit or Fruit yoghurt ^{1,g}
Saturday	Lamb ragout ^{3,a,f,g,i} , green-beans vegetable ^g potatoes ^{3,i}		Fried potato filled with spinach and feta cheese ^{a,g} , tomato sauce ^a , Lettuce with dressing ^g	fresh fruit or mixed compote
Sunday	Beef roulade with sauce ^{1,2,3,8,9,a,f,g,i} , red cabbage vegetable ³ , and dumplings ^{3,a,l}	Vegetable patty ^{3,a,c} with sauce ^a , carrot-corn vegetable ³ and potatoes ^{3,i}	Turkey breast with sauce ^{1,3,a,f,g,i,j} , carrot-corn vegetable ³ , and potatoes ^{3,i}	fresh fruit or orange cream ^{1,7,9}

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Week 3	Hearty and regional	Mediterranean and international	Light and easily digestible	Dessert
Monday	Cabbage soup with smoked pork meat ^{2,7,a} , bread ^a	White mushrooms with spring onions ^g , tzatziki ^{4,g} and "Rösti" (hash-browned potatoes)	Pork ragout on yogurt-cream sauce ^{1,3,a,f,g,i,j} , broccoli, and „Tagliatelle“ (noodles) ^{a,c}	fresh fruit or Chocolate pudding with vanilla sauce ^{1,g}
Tuesday	Cauliflower and broccoli served with buttered breadcrumbs ^{1,a,g} , butter sauce ^{1,a,g} , potatoes ^{3,l}	Lamb ragout mediterranean style with vegetable ^{3,a,f,g,i,l} , baguette ^a	Chicken roll ^{1,2,a,g,i,j} sauce ^{1,3,a,f,g,i,j} , carrots and herb-rice	fresh fruit
Wednesday	Pork „Cordon Bleu“ style ^{1,2,3,a,g} , sauce ^{1,3,a,f,g,i,j} , vegetables ^g , potatoes ^{3,l}	Beef gratin with green-beans and paprika ^{1,a,c,g} , vegetable-sauce ^{a,g,i}	Tortellini ricotta ^{a,c,g} with tomato sauce ^a , Lettuce with dressing ^g	fresh fruit or mashed apple compote ³
Thursday	Spinach lasagna ^{1,a,c,f,g} with tomato sauce ^a	Pork steak gratinated with tomatos and mozzarella (cheese) ^{1,a,g} , herbs-cream-sauce ^{a,g} , mashed potatoes ^{1,3,g,l}	Poultry fricassee ^{a,g,l} with rice, Carrots salad ³	fresh fruit or vanilla curd dessert ^{1,g}
Friday	Lentil soup with sausage ^{2,3,7,a,i,j} , bread ^a	Feta cheese baked ^{a,g} ratatouille vegetables ^{3,a,l} and Bulgur ^a	Hard fish fillet dish ^{a,d,g} with dill-sauce ^{a,d,g} , mashed potatoes ^g , Lettuce with dressing ^g	fresh fruit or Fruit-yoghurt ^{1,g}
Saturday	„Jägerpfanne“ ^{1,a,f,g} (sliced pork meat), „Spaetzle“ ^{a,c,g} (soft egg noodles), Cucumber-tomato-paprika-salad		Potato-vegetable-soufflé ^{1,c,g} with cheese-herb-sauce ^{1,2,a,c,g}	fresh fruit
Sunday	Deer-meat goulash ^{1,3,4,a,f,g,l} with brussels sprouts ^g and dumplings ^{3,a,l}	Zucchini (filled with vegetables and cheese) ^g , Paprika-vegetable-sauce ^a , potatoes ^{3,l}	Roast veal with sauce ^{1,3,a,f,g,i} , vegetable, potatoes ^{3,l}	fresh fruit or fruit salad

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Week 4	Hearty and regional	Mediterranean and international	Light and easily digestible	Dessert
Monday	Paprika (filled with minced pork meat) ^{a,c} Paprika-vegetable sauce ^{a,i} , rice	Vegetable cutlets ^{3,a,c} served on mushrooms ^{a,g} Tomato salad	Noodle soup with poultry ^{a,c,i} , bread ^a	fresh fruit or Red jelly with vanilla sauce ^{1,a,g}
Tuesday	Traditional Thueringer sausage ^{1,7,j} with sauce ^{1,3,a,f,g,i,j} , pickled with cabbage ^{3,i} mashed potatoes ⁹	Curry-chicken sliced ^{a,b,g,n} rice, chinese cabbage with peach ³	“Wickelklöße” (filled, bread crumbed potato dumplings) ^{1,2,3,a,g,l} parsley sauce ^{a,g} Beetroot salad ^{a,g}	fresh fruit
Wednesday	pork goulash „szgediner style“ ^{1,a,f,g,i} , with sliced dumplings boemia style“ ^{a,c}	Fried potatoes filled with cream-cheese ^g , tomato sauce ^a , Cucumber salad	Fish roulade ^{d,g} vegetable sauce ^{a,g,l} , potatoes ^{3,i}	fresh fruit or Vanilla pudding ^{1,g}
Thursday	Vegetable gratinated with quinoa and cheese ^{2,3,c,g,i,j,l} , herb sauce ^{a,g}	Chicken spiced with herbs ⁴ , white- mushrooms sauce ^{a,g} tartlets of Couscous and vegetable a	Pork goulash ^{1,a,f,g,i} , potato gnocchi ^{c,g} Lettuce with dressing ⁹	fresh fruit
Friday	Green pea soup with sausage ^{2,3,7,i} bread ^a	Spaghetti with vegetable and pesto ^{2,3,a,c,g,l}	Hokifilet (fish) poached ^{a,d,i} , lemon sauce ^{a,g} and spinach ^{a,g} rice	fresh fruit or Fruit yoghurt ^{1,9}
Saturday	Beef goulash ^{1,3,a,f,g,i} , butter noodles ^{a,g} , Tomato salad	Vegetable soup with tofu-dumplings ^{a,c,f}	Vegetable soup with meatballs ^{a,c}	fresh fruit or mixed compote
Sunday	Chicken leg ⁴ , sauce ^{1,3,a,g,i} Vegetable of peas and white mushrooms ^{a,g} potatoes ^{3,i}	Vegetarian filled cabbage roll ^{a,c,f} , sauce ^a , potatoes ^{3,i}	Roast beef, sauce ^{1,2,a,f,g,i} , carrots and potato dumplings	fresh fruit or Jelly with vanilla sauce ^{1,9}

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Explanation

- (1) Dyes
- (1a) dyes (E102, E104, E110, E122, E124, E129)
„May influence kids activity and attention”
- (2) Preservatives
- (3) Antioxidant
- (4) Flavor enhancer
- (5) Blackened
- (6) Waxed
- (7) with phosphate
- (8) with artificial sweeteners
- (8a) with E951/ E962- „contains one source of phenylalanine”
- (8b) „excessive consumption may induce laxative effects “

- (a) Cereals containing gluten and products thereof
(wheat as spelt and Khorasan-wheat, rye, barley, oats or their hybridized strains)
- (b) Crustaceans and products thereof
- (c) Eggs and eggs products
- (d) Fish and fish products
- (e) Peanuts and peanuts products
- (f) Soya and Soya products
- (g) Milk and milk products (includings actose)
- (h) Nuts and nut products (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts)
- (i) Celery and celery products
- (j) Mustard and mustard products
- (k) Sesam and sesam products
- (l) Sulfur dioxide and sulfites
- (m) Lupins and lupine products
- (n) Molluscs and molluscs products