

# Lunch Menu

<i>EY</i>	<i>Monday 05.06.</i>	<i>Tuesday 05.07.</i>	<i>Wednesday 05.08.</i>	<i>Thursday 05.09.</i>	<i>Friday 05.10.</i>
<b>MENU</b>	Gazpacho 1 Viennese Schnitzel 1,3 Jasmine Rice Steamed Vegetables	Cauliflower Soup 1,9 Barbecue Chicken Roast Potato Steamed Green Pea	Vegetables Soup 1,9 Blanquette Chicken 1,7 Couscous with Vegetables 1	Corn Cream Soup 1,7 Fish and Chips 1,3,4 Steamed Vegetables	Gyros Plate 1,7 Bulgur Wheat 1 Dessert 1,7,(8)
	Energy: 731,1kcal Protein: 33,1g Fat: 19,5g SFA: 3,1g Carbohydrates: 100,8g Sugar: 11,1g Salt: 1,4g	Energy: 527,7kcal Protein: 27,4g Fat: 19,1g SFA: 2,7g Carbohydrates: 62,7g Sugar: 1,3g Salt: 0,5g	Energy: 494,7kcal Protein: 24,7g Fat: 12,7g SFA: 2,3g Carbohydrates: 65,6g Sugar: 13,2g Salt: 0,1g	Energy: 606,9kcal Protein: 25,1g Fat: 19g SFA: 3g Carbohydrates: 81,1g Sugar: 0,4g Salt: 0,3g	Energy: 537,3kcal Protein: 24,9g Fat: 15,6g SFA: 4,8g Carbohydrates: 73,8g Sugar: 12,6g Salt: 0,4g
<b>VEGETARIAN</b>	Gazpacho 1 Curry Rice with Vegetables	Cauliflower Soup 1,9 Quiche with Spinach and Feta Cheese 1,3,7	Vegetables Soup 1,9 Vegetarian Chili	Corn Cream Soup 1,7 Breaded Vegetables Tartar 3,7 Fried Potato Steamed Vegetables	Vegetables in Creamy Sauce Pasta 1,7 Dessert 1,7,(8)
	Energy: 533,9kcal Protein: 11g Fat: 11,6g SFA: 1,5g Carbohydrates: 93,2g Sugar: 11,5g Salt: 1,2g	Energy: 478,2kcal Protein: 11,5g Fat: 32,2g SFA: 4,3g Carbohydrates: 35,8g Sugar: 1g Salt: 0,8g	Energy: 379,8kcal Protein: 13,9g Fat: 5,2g SFA: 1g Carbohydrates: 65,4g Sugar: 15,8g Salt: 1,1g	Energy: 664,7kcal Protein: 25,1g Fat: 18,6g SFA: 4,2g Carbohydrates: 92g Sugar: 3,1g Salt: 0,7g	Energy: 596,1kcal Protein: 17,3g Fat: 20,5g SFA: 8,6g Carbohydrates: 83,9g Sugar: 23,6g Salt: 0,9g
<b>Menu for Students With Food Allergies</b>	Gazpacho Breaded Chicken Steamed Rice Steamed Vegetables	Cauliflower Soup Roast Chicken Roast Sweet Potato Steamed Green Pea	Vegetables Soup Roast Chicken with Mushroom in Creamy Sauce Quinoa	Celery Cream Soup 9 Roast Fish 4 Fried Potato Steamed Vegetable	Dessert (8) Gyros Plate Millet with Vegetables
	Energy: 582,3kcal Protein: 28,8g Fat: 16,6g SFA: 2,5g Carbohydrates: 74,3g Sugar: 11,9g Salt: 0,4g	Energy: 502,2g Protein: 26,6g Fat: 16,9g SFA: 2,4g Carbohydrates: 62,1g Sugar: 0,3g Salt: 0,4g	Energy: 549,4kcal Protein: 26,4g Fat: 13,1g SFA: 3,6g Carbohydrates: 71,4g Sugar: 13,3g Salt: 0,2g	Energy: 610,3kcal Protein: 20,5g Fat: 28,8g SFA: 6,5g Carbohydrates: 63,7g Sugar: 0,7g Salt: 0,7g	Energy: 515kcal Protein: 21,6g Fat: 21,2g SFA: 9,2g Carbohydrate: 54,8g Sugar: 4,9g Salt: 0,3g
<b>Menu for Students With Food Allergies Vegetarian</b>	Gazpacho Pickled Cabbage Casserole	Cauliflower Soup Creamy Spinach Roast Potato Steamed Green Pea	Vegetables Soup Gluten-free Pasta with Fried Cabbage (13)	Celery Cream Soup 9 Boiled Egg 3 Green Pea Stew	Dessert (8) Vegetable Loaf Millet with Vegetables
	Energy: 380kcal Protein: 6,9g Fat: 13,8g SFA: 4,6g Carbohydrates: 52,9g Sugar: 13,1g Salt: 2,1g	Energy: 509,1kcal Protein: 17,4g Fat: 19,2g SFA: 4,3g Carbohydrates: 68,1g Sugar: 1,1g Salt: 0,5g	Energy: 459,9kcal Protein: 7,7g Fat: 8,8g SFA: 1,2g Carbohydrates: 84,4g Sugar: 18,1g Salt: 0,4g	Energy: 397,5kcal Protein: 14,7g Fat: 10,1g SFA: 1,8g Carbohydrates: 58,4g Sugar: 2,3g Salt: 0,7g	Energy: 560,6kcal Protein: 9,9g Fat: 25g SFA: 8,2,2g Carbohydrates: 69,8g Sugar: 4,9g Salt: 0,3g