### Speiseplan Mensa Academica

**KW37, 11.09.2023 - 15.09.2023**

<table>
<thead>
<tr>
<th>Tag</th>
<th>Essen</th>
<th>Suppen</th>
</tr>
</thead>
</table>
| **Monday, 11.09.2023** | Pastabuffet Kleiner Teller  
(1, 3, 15, a, A1, A6, A7)  
S: 1,70 € | B: 2,80 € | G: 3,50 €  
Falafel mit Minzjoghurt  
(15, a, A1, A7)  
Brennwert = 2356 kJ (562 kcal), Fett = 30,5g, Kohlenhydrate = 47,4g, Eiweiß = 15,2g  
S: 2,80 € | B: 3,65 € | G: 4,40 €  
Thai-Pasta mit Spitzkohl  
(2, 3, a, A1, A5)  
Brennwert = 2349 kJ (562 kcal), Fett = 22,4g, Kohlenhydrate = 48,5g, Eiweiß = 16,4g  
S: 2,80 € | B: 3,65 € | G: 4,40 €  
Brokkoli Kürbis Curry mit schwarzen Linsen  
(a, A1, A5, A6, A11)  
Brennwert = 1770 kJ (423 kcal), Fett = 17,3g, Kohlenhydrate = 40,9g, Eiweiß = 20,3g  
S: 3,80 € | B: 4,70 € | G: 6,05 €  |
| **Tuesday, 12.09.2023** | Hähnchenschnitzel mit Ananas-Curry-Dip  
(15, A1, a, A7, A10, G)  
Brennwert = 1949 kJ (467 kcal), Fett = 24,9g, Kohlenhydrate = 31,5g, Eiweiß = 19,0g  
S: 2,80 € | B: 3,65 € | G: 4,40 €  
Tagiatelle mit Kräuterseitlingen und Champignon  
(a, A1)  
Brennwert = 2095 kJ (500 kcal), Fett = 15,2g, Kohlenhydrate = 71,7g, Eiweiß = 16,0g  
S: 3,90 € | B: 4,70 € | G: 6,05 €  
Zitronengraupenrisotto mit Spargel  
(a, A1)  
Brennwert = 1052 kJ (251 kcal), Fett = 10,2g, Kohlenhydrate = 32,4g, Eiweiß = 7,0g  
S: 3,60 € | B: 4,40 € | G: 5,60 €  
Frühlingsrolle mit frischem Gemüse  
(9, 15, a, A1, A6, A11)  
Brennwert = 1286 kJ (307 kcal), Fett = 8,1g, Kohlenhydrate = 46,4g, Eiweiß = 7,0g  
S: 2,80 € | B: 3,65 € | G: 4,40 €  |
| **Wednesday, 13.09.2023** | Vegane Bratwurst mit Currysoße  
"Spezial" mit Pommes Frites  
(1, 13, A10)  
Brennwert = 3609 kJ (862 kcal), Fett = 56,2g, Kohlenhydrate = 60,6g, Eiweiß = 15,0g  
S: 4,50 € | B: 5,40 € | G: 6,35 €  
Cannelloni Ricotta-Spinat mit Pilsauce  
(15, A1, a, A3, A7, A9)  
Brennwert = 2295 kJ (547 kcal), Fett = 30,4g, Kohlenhydrate = 93,3g, Eiweiß = 21,2g  
S: 3,90 € | B: 4,70 € | G: 5,45 €  
Rajma Masala mit Roten Bohnen, Ingwer und Tomaten  
(5, a, A1, A3, A6, A7, A9)  
Brennwert = 2352 kJ (569 kcal), Fett = 22,0g, Kohlenhydrate = 92,6g, Eiweiß = 27,7g  
S: 3,90 € | B: 4,70 € | G: 5,45 €  
Cannelloni Ricotta-Spinat mit Pilsauce  
(15, A1, a, A3, A7, A9)  
Brennwert = 2295 kJ (547 kcal), Fett = 30,4g, Kohlenhydrate = 93,3g, Eiweiß = 21,2g  
S: 3,90 € | B: 4,70 € | G: 5,45 €  |
| **Thursday, 14.09.2023** | Ei mit Duftriebs und Gemüse  
(15, A1, a, A3, A6, A7)  
Brennwert = 2783 kJ (671 kcal), Fett = 31,5g, Kohlenhydrate = 69,8g, Eiweiß = 22,5g  
S: 3,80 € | B: 4,65 € | G: 5,40 €  
Sticky Tofu mit Broccoli und Kokosnuss- Reis  
(3, A1, a, A5, A6, A11, A12)  
Brennwert = 3048 kJ (729 kcal), Fett = 24,4g, Kohlenhydrate = 44,6g, Eiweiß = 37,9g  
S: 2,80 € | B: 3,65 € | G: 4,40 €  
Gebratenes Doradenfilet auf Tomaten-Brotsalat, Rucolapesto  
(2, 3, 15, A1, A3, A4, A7, A10, A12, R)  
Brennwert = 2846 kJ (680 kcal), Fett = 47,1g, Kohlenhydrate = 18,5g, Eiweiß = 47,5g  
S: 5,90 € | B: 7,10 € | G: 9,05 €  |

**Nutritional Values:**

- **S:** Studenten  
- **B:** Beschäftigte  
- **G:** Gäste

**Suppenspezialitäten:**

- **Maißeintopf mit Hühnerfleisch und frischem Gemüse  
(3, 15, A7, G)  
Brennwert = 1241 kJ (294 kcal), Fett = 11,9g, Kohlenhydrate = 26,2g, Eiweiß = 21,9g  
S: 2,30 € | B: 4,20 € | G: 5,00 €  
Aramäische Rote Linsen Suppe mit Reis  
(3, A1, a, A11)  
Brennwert = 4539 kJ (1094 kcal), Fett = 32,2g, Kohlenhydrate = 136,6g, Eiweiß = 48,9g  
S: 2,30 € | B: 4,20 € | G: 5,00 €**
## Speiseplan Mensa Academica

### KW37, 11.09.2023 - 15.09.2023

**Monday, 11.09.2023**

**Beilagen**

<table>
<thead>
<tr>
<th>Gemüse-Cous-Cous</th>
<th>(A1, a, A9)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 1289 kJ (306 kcal), Fett = 6.0g, davon 0.9g, le Fett säuren = 0.2g, Kohlhydratrehylate = 51,1g, davon Zucker = 1.5g, Eiweiß = 8,7g, Salz = 4,9g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Aprikosenquark</th>
<th>(15, A7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 997 kJ (238 kcal), Fett = 2,7g, Kohlhydratrehylate = 28,1g, Eiweiß = 22,5g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Beilagen**

<table>
<thead>
<tr>
<th>Beilagensalat mit Kräuterdressing</th>
<th>(A10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 550 kJ (131 kcal), Fett = 10,3g, Kohlhydratrehylate = 7,1g, Eiweiß = 3,9g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Mascarponecreme mit Kirschen und Mandeln</th>
<th>(15, A7, A8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 2083 kJ (541 kcal), Fett = 32,0g, Kohlhydratrehylate = 43,9g, Eiweiß = 16,7g</td>
<td></td>
</tr>
<tr>
<td>S: 1,50 €</td>
<td>B: 1,95 €</td>
</tr>
</tbody>
</table>

**Steakhouse Pommes**

| Brennwert = 2822 kJ (674 kcal), Fett = 53,0g, Kohlhydratrehylate = 43,5g, Eiweiß = 5,0g |
| S: 0,00 € | B: 1,10 € | G: 1,60 € |

### Tuesday, 12.09.2023

**Beilagen**

<table>
<thead>
<tr>
<th>Buntes Gemüse</th>
<th>(1, 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 1073 kJ (256 kcal), Fett = 8,8g, Kohlhydratrehylate = 34,6g, Eiweiß = 6,1g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>steamed potatoes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 642 kJ (153 kcal), Fett = 0,2g, Kohlhydratrehylate = 34,0g, Eiweiß = 4,0g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Beilagen**

<table>
<thead>
<tr>
<th>Beilagensalat mit Orangen-Zitronen-Dressing</th>
<th>(A10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 567 kJ (136 kcal), Fett = 11,7g, Kohlhydratrehylate = 6,5g, Eiweiß = 2,4g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Himbeeremousse</th>
<th>(15, A7, R)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 1046 kJ (250 kcal), Fett = 15,7g, Kohlhydratrehylate = 20,3g, Eiweiß = 4,3g</td>
<td></td>
</tr>
<tr>
<td>S: 1,50 €</td>
<td>B: 1,95 €</td>
</tr>
</tbody>
</table>

### Wednesday, 13.09.2023

**Beilagen**

<table>
<thead>
<tr>
<th>Karotten-Äpfelsalat</th>
<th>(3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 458 kJ (109 kcal), Fett = 4,9g, Kohlhydratrehylate = 13,0g, Eiweiß = 1,2g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Steaksalat mit Orangen-Zitronen-Dressing</th>
<th>(1, 3, A9)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 729 kJ (174 kcal), Fett = 4,9g, Kohlhydratrehylate = 24,3g, Eiweiß = 15,8g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
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</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Carnation-Quark</th>
<th>(15, A7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 667 kJ (159 kcal), Fett = 0,5g, Kohlhydratrehylate = 20,5g, Eiweiß = 15,8g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

### Thursday, 14.09.2023

**Beilagen**

<table>
<thead>
<tr>
<th>Dampfkartoffeln</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 657 kJ (136 kcal), Fett = 11,7g, Kohlhydratrehylate = 6,5g, Eiweiß = 2,4g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
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**Desserts**

<table>
<thead>
<tr>
<th>Himbeerenmousse</th>
<th>(15, A7, R)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 1046 kJ (250 kcal), Fett = 15,7g, Kohlhydratrehylate = 20,3g, Eiweiß = 4,3g</td>
<td></td>
</tr>
<tr>
<td>S: 1,50 €</td>
<td>B: 1,95 €</td>
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</table>

**Desserts**

<table>
<thead>
<tr>
<th>Quark mit Ananas</th>
<th>(15, A7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 566 kJ (135 kcal), Fett = 0,6g, Kohlhydratrehylate = 21,3g, Eiweiß = 16,7g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

### Friday, 15.09.2023

**Beilagen**

<table>
<thead>
<tr>
<th>Balkengemüse</th>
<th>(1, 3, A9)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 750 kJ (179 kcal), Fett = 4,9g, Kohlhydratrehylate = 21,0g, Eiweiß = 10,9g</td>
<td></td>
</tr>
<tr>
<td>S: 0,00 €</td>
<td>B: 1,10 €</td>
</tr>
</tbody>
</table>

**Desserts**

<table>
<thead>
<tr>
<th>Zitronen-Joghurt-Quark</th>
<th>(15, A1, a, A6, A7, A8, R)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennwert = 1317 kJ (315 kcal), Fett = 23,1g, Kohlhydratrehylate = 21,3g, Eiweiß = 4,9g</td>
<td></td>
</tr>
<tr>
<td>S: 1,50 €</td>
<td>B: 1,95 €</td>
</tr>
</tbody>
</table>

## Kennzeichnungspflichtige Zusatzstoffe und Allergene

1. Food coloring
2. Preservatives
3. Antioxidants
4. Flavor enhancer
5. Phosphate
6. Sulphur dioxide
7. Sulphureted
8. Phosphate
9. Antioxidants
10. Food coloring
11. Milk protein
12. Mustard and products/foods containing mustard
13. Sesame and products/foods containing sesame
14. Sesame and products/foods containing sesame
15. Oats
16. Barley
17. Spelt
18. Rye
19. Wheat
20. Mollusk and products/foods containing mollusk
21. Fish
22. Eggs and products/foods containing eggs
23. Peanuts and products/foods containing peanuts
24. Sesame and products/foods containing sesame
25. Milk and products/foods containing milk
26. Fish
27. Eggs and products/foods containing eggs
28. Peanuts and products/foods containing peanuts
29. Sesame and products/foods containing sesame
30. Milk and products/foods containing milk
31. Wheat
32. Oats
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