**Speiseplan Mensa Forum**

**KW27, 02.07.2018 - 06.07.2018**

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**Essen**

- **Gebratene Aubergine mit Kichererbsen, Gemüse und Polenta**
  - (3, A6, A9)
  - Brennwert = 2264 kJ (541 kcal), Fett = 19,1g, Kohlenhydrate = 71,8g, Eiweiß = 18,0g.
  - S: 3,80 € | B: 4,10 € | G: 4,55 €

- **Pastabuffet “was auf den Teller passt”**
  - (1, 15, A1, A6, A7, A12)
  - Brennwert = 1594 kJ (381 kcal), Fett = 19,9g, Kohlenhydrate = 20,2g, Eiweiß = 35,3g.
  - S: 2,20 € | B: 3,00 € | G: 3,80 €

- **Hackbraten vom Schwein mit Kräuterei**
  - (3, 5, 15, A1, A7, A10, R, S)
  - Brennwert = 2760 kJ (659 kcal), Fett = 30,2g, Kohlenhydrate = 13,6g, Eiweiß = 38,3g.
  - S: 2,20 € | B: 3,30 € | G: 3,80 €

- **Fischspieß mit Chili-Mais-Dip**
  - (2, 15, A4, A7, A10)
  - Brennwert = 3066 kJ (732 kcal), Fett = 62,2g, Kohlenhydrate = 25,1g, Eiweiß = 15,7g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Süßer Milchreis mit Waldbieren und Zimt-Zucker**
  - (1, 15, A7)
  - Brennwert = 2878 kJ (687 kcal), Fett = 22,9g, Kohlenhydrate = 104,4g, Eiweiß = 15,5g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

**Pastabuffet “was auf den Teller passt”**

- **Schweinesteak Hawaï**
  - (3, A7)
  - Brennwert = 1971 kJ (471 kcal), Fett = 10,4g, Kohlenhydrate = 69,2g, Eiweiß = 25,7g.
  - S: 1,70 € | B: 3,00 € | G: 3,80 €

- **Tagilatte mit Champignons und Lauchzwiebeln**
  - (3, A11, A12)
  - Brennwert = 2679 kJ (642 kcal), Fett = 25,0g, Kohlenhydrate = 79,4g, Eiweiß = 20,2g.
  - S: 3,80 € | B: 4,10 € | G: 4,55 €

- **Pastabuffet “was auf den Teller passt”**
  - (1, 3, 15, A1, A6, A7, A12)
  - Brennwert = 2160 kJ (503 kcal), Fett = 23,4g, Kohlenhydrate = 66,4g, Eiweiß = 15,5g.
  - S: 1,70 € | B: 2,60 € | G: 3,30 €

**Suppen**

- **Gemüsegulasch mit Vollkornnudeln**
  - (1, 3, 15, A1, A6, A7, A12)
  - Brennwert = 2888 kJ (687 kcal), Fett = 20,4g, Kohlenhydrate = 87,0g, Eiweiß = 37,8g.
  - S: 2,80 € | B: 3,50 € | G: 4,10 €

- **Bruschetta mit Tomaten und Rucolasalat**
  - (1, 2, 3, 15, A1, A6, A7, A12)
  - Brennwert = 3463 kJ (827 kcal), Fett = 49,8g, Kohlenhydrate = 85,1g, Eiweiß = 14,1g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Gemüse und Polenta**
  - (1, 3, 15, A1, A6, A7, A12)
  - Brennwert = 1783 kJ (426 kcal), Fett = 27,7g, Kohlenhydrate = 7,5g, Eiweiß = 14,9g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Gemüse und Polenta**
  - (1, 3, 15, A1, A6, A7, A12)
  - Brennwert = 1783 kJ (426 kcal), Fett = 27,7g, Kohlenhydrate = 7,5g, Eiweiß = 14,9g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Hähnchenbrust mit Bacon und Salbei**
  - (2, 3, G)
  - Brennwert = 1783 kJ (426 kcal), Fett = 27,7g, Kohlenhydrate = 7,5g, Eiweiß = 14,9g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Blumenkohl im Backteig mit Currypaste**
  - (A1, A3, A5)
  - Brennwert = 1368 kJ (327 kcal), Fett = 19,9g, Kohlenhydrate = 85,1g, Eiweiß = 14,1g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Offenkartoffeln mit Kräuterquark**
  - (15, A7)
  - Brennwert = 1790 kJ (429 kcal), Fett = 9,4g, Kohlenhydrate = 19,7g, Eiweiß = 40,4g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Hähnchenschnitzel**
  - (15, A3, G)
  - Brennwert = 1851 kJ (440 kcal), Fett = 14,1g, Kohlenhydrate = 60,4g, Eiweiß = 28,5g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Bruschetta mit Tomaten und Rucolasalat**
  - (1, 2, 3, 15, A1, A6, A7, A12)
  - Brennwert = 3463 kJ (827 kcal), Fett = 49,8g, Kohlenhydrate = 85,1g, Eiweiß = 14,1g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Gemüsegratin mit Tomatensauce**
  - (1, 3, 15, A1, A3, G)
  - Brennwert = 2160 kJ (503 kcal), Fett = 23,4g, Kohlenhydrate = 66,4g, Eiweiß = 15,5g.
  - S: 1,70 € | B: 2,80 € | G: 3,30 €

- **Getönte Paprika mit Couscouss und fruchtiger Tomatensauce**
  - (1, 2, 3, 6, A1, A9, A12)
  - Brennwert = 3168 kJ (757 kcal), Fett = 27,7g, Kohlenhydrate = 79,4g, Eiweiß = 37,8g.
  - S: 3,00 € | B: 4,10 € | G: 4,55 €

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S = Studierende | B = Beschäftigte | G = Gäste

- fettarm
- vegetarisch
- vegan
- laktosefrei
- Mensa-Vital
- kalorienarm
Die Angaben über die Inhaltsstoffe in den Speisen beruhen auf den Informationen der Hersteller und Lieferanten der ... dafür garantieren, dass in den angebotenen Speisen neben den gekennzeichneten noch weitere Inhaltsstoffe enthalten sind.

Kennzeichnungspflichtige Zusatzstoffe und Allergene

S = Studierende | B = Beschäftigte | G = Gäste

- Phosphate
- Taurine
- Nitrite pickling salt
- Taurine
- Sweetener(s)
- Waxed
- Contains quinine
- Contains milk protein
- Contains vegetable oil
- Contains soy
- Contains wheat
- Contains fish
- Contains eggs
- Contains mustard
- Contains sesame
- Contains rye
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