



	Monday	Tuesday	Wednesday	Thursday	Friday
Frühstück	Kaffee, Milch, Brot, Konfiture, Butter 5.10	Kaffee, Milch, Brot, Konfiture, Butter 5.10	Kaffee, Milch, Brot, Konfiture, Butter 5.10	Kaffee, Milch, Brot, Konfiture, Butter 5.10	Kaffee, Milch, Brot, Konfiture, Butter 5.10
Vegi Mittag	Blattsalat, Linsen Dal Tarka, Trockenreis 7.25 	Tagesfrucht, Gemüse Kichererbsen Ragout, Pita Brot 7.25 	Tagesfrucht, Süsskartoffel Tätschli, Bohnen Gemüse Chili 7.25 	Blattsalat, Luya Stroganoff, Trockenreis 7.25 	Blattsalat, Orecchiette Teigwaren, Broccoli, Erbsen, Alfredo Käse Sauce 7.25
Abend Vegi	Tagesfrucht, Pflanzliche Cevapcici, Ratatouille, Trockenreis 7.25 	Bohnen Salat, Tomaten Sauce, Penne Teigwaren 7.25 	Karotten Salat, Soja Gemüse Gehacktes, Hörnli Teigwaren, Reibkäse 7.25 	Tagesfrucht, Pflanzliche Wurst, Braten Sauce, Ofenkartoffeln, Karotten 7.25 	Tagesfrucht, Kichererbsen Gemüse, Tikka Masala, Trockenreis, Blattspinat 7.25

Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

Kantonaler Sozialdienst | Aarau

Tagesverpflegung

02. to 08.03.2026

For the digital meal plan with further details, scan the QR-Code!



Saturday

Sunday

Frühstück

Kaffee, Milch, Brot, Konfiture, Butter

Kaffee, Milch, Brot, Konfiture, Butter

5.10

5.10

Vegi Mittag

Gurken Salat, Farfalle Gemüse Gratin

Blattsalat, Aloo Gobi, Kichererbsen, Gemüse Eintopf, Trockenreis



7.25



7.25



Abend Vegi

Tagesfrucht, Veganes Burger Patty, Senfsauce, Kartoffelstock, Rotkraut

Tagesfrucht, Lasagne Gemüse



7.25



7.25



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High

Medium

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Balance

Proteins

Carbohydrates

Vegetables & Fruits

...and identify balanced nutrition.