

Kantonaler Sozialdienst | Aarau

Tagesverpflegung

09. to 15.03.2026

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



	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, Luya Stroganoff, Trockenreis  7.25	Blattsalat, Bohnen Eintopf, Weizentortilla  7.25	Gurken Salat, Cannelloni Ricotta Spinat  7.25	Karotten Salat, Linseneintopf, Trockenreis  7.25	Tagesfrucht, Pesto-Cremesauce, Teigwaren, Reibkäse  7.25
Abend Vegi	Tagesfrucht, Linsen Tätschli, Braten Sauce, Kurkumareis, Buntes Gemüse  7.25	Tagesfrucht, Gemüse Bolognaise, Teigwaren, Reibkäse  7.25	Tagesfrucht, Tofu Sweet & Sour, Trockenreis, Broccoli  7.25	Tagesfrucht, Falafel Burger Patty, BBQ Sauce, Brätler Kartoffeln, Bohnen  7.25	Blattsalat, Gemüse Schnitzel, vegan, Creme Sauce, vegan, Couscous, Karotten Gemüse  7.25

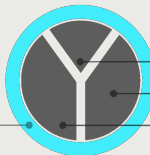
Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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	Saturday	Sunday
Frühstück	Kaffee, Milch, Brot, Konfiture, Butter 5.10	Kaffee, Milch, Brot, Konfiture, Butter 5.10
Vegi Mittag	Tagesfrucht, Äplermaggronen, Apfelmus 7.25	Tagesfrucht, Broccoli Nuggets, Shakshuka Gemüse, Bulgur 7.25
Abend Vegi	Blattsalat, Green Mountain Balls, vegan, Curry Sauce vegan, Bulgur 7.25	Blattsalat, Linseneintopf mit, Kartoffeln, Sojabohnen, Kichererbsen, Kokossauce 7.25

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Discover the climate impact of meals...



...and identify balanced nutrition.