

Kantonaler Sozialdienst | Aarau

Tagesverpflegung

12. to 18.01.2026

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, Linsen Tätschli, Braten Sauce, Brätler Kartoffeln, Buntes Gemüse     7.25	Bohnen Salat, Tomaten Sugo, Sauce, Penne Teigwaren    7.25	Blattsalat, Tofu Sweet & Sour, Trockenreis, Broccoli    7.25	Blattsalat, Falafel Burger Patty, BBQ Sauce, Brätler Kartoffeln, Bohnen    7.25	Blattsalat, Gebratener Tofu, Creme Sauce, Couscous, Karotten Gemüse    7.25
Menü Mittag	Blattsalat, Poulet Schenkel, Braten Sauce, Brätler Kartoffeln, Buntes Gemüse    7.25	Bohnen Salat, Thon Tomaten Sauce, Penne Teigwaren   7.25	Blattsalat, Poulet Sweet & Sour, Trockenreis, Broccoli   7.25	Blattsalat, Beef Burger Patty, BBQ Sauce, Brätler Kartoffeln, Bohnen   7.25	Blattsalat, Truten Schnitzel, Creme Sauce, Couscous, Karotten Gemüse   7.25
Abend Vegi	Blattsalat, Luya Stroganoff, Trockenreis    7.25	Blattsalat, Kartoffel Gemüse Pfanne, Kräuter Hüttenkäse    7.25	Blattsalat, Gemüse Lasagne   7.25	Gurken Salat, Linsen Reis Gericht, Pfefferminze Dip     7.25	Blattsalat, Süsskartoffel Tätschli, Bohnen Gemüse Chili    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

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5.10

5.10

Vegi Mittag

Blattsalat, Gemüse Bolognaise, Spiralen Teigwaren, Reibkäse

Blattsalat, Linseneintopf mit, Kartoffeln, Sojabohnen, Kichererbsen, Kokossauce

7.25

7.25

Menü Mittag

Blattsalat, Rinderbolognese, Spiralen Teigwaren, Reibkäse

Blattsalat, Geflügel Wienerli, Kartoffel Lauch Gratin

7.25

7.25

Abend Vegi

Cole Slaw Salat, Freilandeier, Currysauce, Trockenreis

Blattsalat, Broccoli Nuggets, Shakshuka Gemüse, Bulgur

7.25

7.25

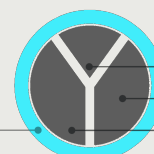
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