

Kantonaler Sozialdienst | Aarau

Tagesverpflegung

26.01 to 01.02.2026

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	Tagesfrucht, Soja Bolognese Sauce, Penne Teigwaren    7.25	Tagesfrucht, Tomaten Ragouts, Sojastreifen & Oliven, Trockenreis    7.25	Blattsalat, Gemüse, Lasagne   7.25	Tagesfrucht, Kurkuma Ingwer Sauce, Broccoli Nuggets, Salzkartoffeln,...    7.25	Tagesfrucht, Quorn Geschnetzeltes Creme Sauce, Trockenreis, Erbsen & Karotten    7.25
Menü Mittag	Tagesfrucht, Rindfleisch Bolognese, Penne Teigwaren, Reibkäse  7.25	Tagesfrucht, Bami Goreng, Nudelgericht, mit Poulet   7.25	Blattsalat, Rindfleisch, Lasagne  7.25	Tagesfrucht, Nordisches Fisch Ragout, Kurkuma Ingwer Sauce, Salzkartoffeln, Blattspinat    7.25	Tagesfrucht, Geflügel Bratkügel, Creme Sauce, Trockenreis, Erbsen & Karotten    7.25
Abend Vegi	Blattsalat, Linsen Dal Eintopf, Kartoffeln, Sojabohnen, Kichererbsen, Kokosnusssauce     7.25	Blattsalat, Spätzli, Gemüse, Champignon Pfanne    7.25	Tagesfrucht, Falafel, Ratatouille, Couscous, Pfefferminz Dip    7.25	Kabis Salat, Spiralen Pasta, Linsen Bolognese, Reibkäse   7.25	Blattsalat, Kichererbsen Gemüse Tajine, Bulgur    7.25

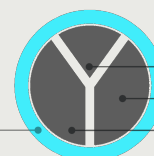
Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



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

Tagesfrucht, Bulgur Gemüse Patty, Rosmarinsauce, Bratkartoffeln, Broccoli

Tagesfrucht, Linsen Gemüse Ragout, Paprikasauce, Trockenreis, Bohnen

7.25

7.25

Menü Mittag

Tagesfrucht, Poulet Ragout, Rosmarinsauce, Bratkartoffeln, Broccoli

Tagesfrucht, Kalbs Hacksteak, Paprikasauce, Trockenreis, Bohnen

7.25

7.25

Abend Vegi

Blattsalat, Polenta Gnocchi, mediterranes, Kürbisgemüse, Reibkäse

Gemüse Rösti, Randen Hüttenkäse, Apfel Salat

7.25

7.25

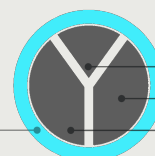
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