

# Hochschulzentrum vonRoll | Mensa vonRoll

## Automaten

09. to 15.12.2024

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



|                | Monday                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| natürlich vegi | <p>Gemüse-Tajine, mit Kichererbsen, und Couscous</p> <p>  </p> | <p>Gemüse-Tajine, mit Kichererbsen, und Couscous</p> <p>  </p> | <p>Rotes Gemüsecurry, mit Tofu, und Vitaminreis</p> <p>  </p> | <p>Rotes Gemüsecurry, mit Tofu, und Vitaminreis</p> <p>  </p> | <p>Vegane Paella mit Sojadip, und Mandeln</p> <p>   </p> |
| einfach gut    | <p>Grünes Curry, mit Pouletschenkel-Geschnetzeltes, und Gemüse, dazu Basmatireis</p> <p> </p>                                                   | <p>Grünes Curry, mit Pouletschenkel-Geschnetzeltes, und Gemüse, dazu Basmatireis</p> <p> </p>                                                   | <p>Schweinsgeschnetzeltes, an Champignon-Rahmsauce, mit Nudeln, und Broccoli</p> <p></p>                                                                                                                                        | <p>Schweinsgeschnetzeltes, an Champignons-Rahmsauce, mit Nudeln, und Broccoli</p> <p></p>                                                                                                                                           | <p>Ungarisches Rindsgulasch, mit Eierspätzli, und Karotten</p> <p></p>                                                                                                                                                                                                                                            |
| Salate         | <p>Powerfood mit Quinoa &amp; Hüttenkäse</p> <p> </p>                                                                                       | <p>Powerfood mit Quinoa &amp; Hüttenkäse</p> <p> </p>                                                                                       | <p>Powerfood mit Quinoa &amp; Hüttenkäse</p> <p> </p>                                                                                      | <p>Powerfood mit Quinoa &amp; Hüttenkäse</p> <p> </p>                                                                                        | <p>Powerfood mit Quinoa &amp; Hüttenkäse</p> <p> </p>                                                                                                                                                                      |

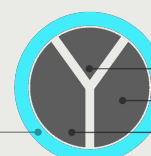
Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.



Discover the climate impact of meals...

### Climate Impact

-  High
-  Medium
-  Low



### Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.