

# Campus Zentrum | Upper Mensa

## Lunch

19. to 25.10.2026

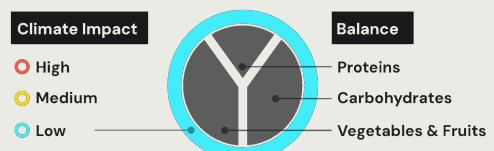
For the digital meal plan with further details, scan the QR-Code!



|        | Monday                                                                                                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                         |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu 1 | <b>OPEN CAPUNS</b><br>spaetzle, salk cabbage, cream, cheese, parsley, Salad or apple sauce<br> <br>6.10 / 9.00 / 13.00                                                                                                  | <b>BREAD DUMPLING</b><br>mushroom ragout, sprouts, spinach, Salad or apple sauce<br> <br>6.10 / 9.00 / 13.00       | <b>RATATOUILLE &amp; FRIED EGG</b><br>Polenta Bramata, croutons, Salad or apple sauce<br> <br>6.10 / 9.00 / 13.00              | <b>RED CHICKEN CURRY</b><br>Broccoli, carrots, peppers, Basmatirice, Salad or apple sauce<br>   <br>7.50 / 10.50 / 15.00 | <b>MUSHROOM RISOTTO</b><br>spinach, grated cheese almond, dried tomato, Salad or apple..<br>  <br>6.10 / 9.00 / 13.00 |
| Menu 2 | <b>PASTA</b><br>A new creation every day, Vegetarian or with meat, Salad or apple sauce<br> <br>0.00 / 0.00 / 0.00                                                                                                      | <b>PASTA</b><br>A new creation every day, Vegetarian or with meat, Salad or apple sauce<br> <br>0.00 / 0.00 / 0.00 | <b>PASTA</b><br>A new creation every day, Vegetarian or with meat, Salad or apple sauce<br> <br>0.00 / 0.00 / 0.00             | <b>CAULIFLOWER CHEESE PATTY</b><br>Tzaziki sauce, Quinoa, beans<br> <br>6.10 / 9.00 / 13.00                                                                                                                                                                                                    | <b>PASTA</b><br>A new creation every day, Vegetarian or with meat, Salad or apple sauce<br> <br>0.00 / 0.00 / 0.00                                                                                       |
| Menu 3 | <b>SPRINROLLS</b><br>glassa noodle pan, Wok-fried vegetables, mushrooms and sprouts, Sweet Chili...<br>  <br>6.10 / 9.00 / 13.00 | <b>SAUSAGE</b><br>onion gravy, Rösti, peas & carrots<br> <br>7.50 / 10.50 / 15.00                              | <b>GNOCCHI</b><br>Salsiccia with tomato and cream sauce, broccoli, cipolotti<br><br>7.50 / 10.50 / 15.00                                                                                                      | <b>PASTA</b><br>A new creation every day, Vegetarian or with meat, Salad or apple sauce<br> <br>0.00 / 0.00 / 0.00                                                                                                                                                                         | <b>MINCED &amp; MACARONI</b><br>red wine, root vegetable, grated cheese, Salad or apple sauce<br><br>7.50 / 10.50 / 15.00                                                                                                                                                                 |
| Menu 4 | <b>breaded pork schnitzel</b><br>ketchup mayo, French fries, Salad or apple sauce<br> <br>9.90 / 10.90 / 15.00                                                                                                      | <b>breaded pork schnitzel</b><br>ketchup mayo, French fries, Salad or apple sauce<br> <br>9.90 / 10.90 / 15.00 | <b>breaded pork schnitzel</b><br>ketchup mayo, French fries, Salad or apple sauce, Mayonnaise<br> <br>9.90 / 10.90 / 15.00 | <b>breaded pork schnitzel</b><br>ketchup mayo, French fries, Salad or apple sauce<br> <br>9.90 / 10.90 / 15.00                                                                                                                                                                             | <b>breaded pork schnitzel</b><br>ketchup mayo, French fries, Salad or apple sauce<br> <br>9.90 / 10.90 / 15.00                                                                                       |

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...



...and identify balanced nutrition.