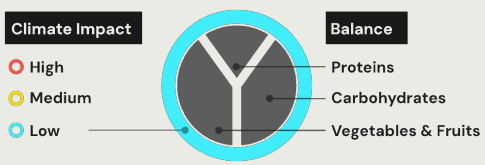
Campus Stadt-Mitte | ZHAW Cafeteria Chez Adeline
Mittagsverpflegung
05. to 11.10.2026

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Basics	**Kartoffelstock** Hörnli 2.20 / 2.90 / 3.90	**Wedges** Schupfnudeln 2.20 / 2.90 / 3.90	**Quinoa Couscous** Gebratener Udon nudeln 2.20 / 2.90 / 3.90	**Basmatireis** Butternudeln 2.20 / 2.90 / 3.90	**Gewürzwedges** Jasminreis 2.20 / 2.90 / 3.90
Gemüse	**Karotten** Mischgemüse 2.20 / 2.90 / 3.90	**Rahmspinat** Blumenkohl 2.20 / 2.90 / 3.90	**Asiatisches Gemüse** Broccoli 2.20 / 2.90 / 3.90	**Karotten** Spinat 2.20 / 2.90 / 3.90	**Pak Choi** Erbsen 2.20 / 2.90 / 3.90
Proteine	**Torteloni Kürbis-sauce** Protaneo gehacktes 2.20 / 2.90 / 3.90	**Catche free nuggets, Tartarsauce** Tomaten ragout mit Gemüse und Moz-zarella 2.20 / 2.90 / 3.90	**Crispy Tofu** Vegi cevapcici ajvar 2.20 / 2.90 / 3.90	**Linsenragout rot** Quorngeschnetzeltes Züri Art 2.20 / 2.90 / 3.90	**Veggie Populet mit Mango salsa** Seitan doner im Taschenbrot 2.20 / 2.90 / 3.90
Add on 1	**Fleischvogel rotweinjus** 4.50 / 6.00	**Fried Fisch** 4.50 / 6.00	**Cevapcici ajvar** 4.50 / 6.00	**Schweingeschnet-zeltes Züri art** 4.50 / 6.00	**Pouletfeuersteak Mango salsa** 4.50 / 6.00
Add on 2	**Chefs Choice ganze Woche** 4.50 / 6.00				

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.