

MARCH 2023 MENU



Information regarding our fully organic menu

Our organic dishes are free of flavour enhancers, aromas, stabilisers and sweeteners. The officially protected organic label helps to identify organically cultivated foodstuffs. The legal basis for the official label is laid down in the German Eco-Labeling Act. The organic label creates consistency, clarity and provides guidance; if it says “organic” on the label, you can be sure that it really is organic.



Our special meals offer

Due to our many years of experience and consistent ongoing training, we prepare special meals for our customers according to their personal needs and requirements. These special meals are available for all types of allergies, intolerances, metabolic conditions and for customers from different cultural backgrounds, who don't eat pork or beef, for example.

In order to safely create wholesome anti-allergy meals, we require a medical certificate.

We supply our special meals with individual delivery notes in food compartment trays with name labels.

Our special meals department creates a menu plan that is specifically tailored to the customer; they can choose from either a monthly or a weekly menu plan as required.

Using our special food, our dietician assistants prepare fresh and wholesome meals daily.



vegetarian dish



contains pig



contains beef



contains poultry



contains fish, practically boneless



contains venison



contains lamb

Allergen information

Please note that during the complex process of food production (harvesting, transportation, storage, production, packaging, etc.) the possibility of cross-contamination and product transfer generally cannot be ruled out. It is therefore not possible for us to guarantee the complete absence of possible allergens in the regular menu. If you have any dietary requirements, please ask us about our special dietary menu.

The product may contain the following allergens:

- | | |
|-----|---|
| I | grains containing gluten or hybrids created using them and products thereof |
| Ia | wheat |
| Ib | rye |
| Ic | barley |
| Id | oats |
| Ie | spelt |
| If | kamut |
| II | crustaceans and products thereof |
| III | eggs and products thereof |
| IV | fish and products thereof |

- | | |
|-------|---|
| V | peanuts and products thereof |
| VI | soya beans and products thereof |
| VII | milk and products thereof (includes lactose) |
| VIII | nuts and products thereof |
| VIIIa | almonds |
| VIIIb | hazelnuts |
| VIIIc | walnuts |
| VIIId | cashew nuts |
| VIIIe | pecans |
| VIIIf | Brazil nuts |
| VIIIh | macadamia or Queensland nuts |
| VIIIj | pine nuts |
| VIIIz | pistachios |
| IX | celery and products thereof |
| X | mustard and products thereof |
| XI | sesame seeds and products thereof |
| XII | sulphur dioxide and sulphites in a concentration of more than 10 mg/kg or 10 mg/l |
| XI | lupin and products thereof |
| XIV | molluscs and products thereof |

Information on the use of additives

We do not use any additives that require labelling. Products containing additives that were used by the producer (supplier), such as nitrate curing salts in ham products or cured pork, will be declared clearly and directly on the relevant dish according to food additive regulations.

Additive labels:

- | | |
|----|-------------------------------|
| 1) | contains preservatives |
| 2) | contains colouring agents |
| 3) | contains antioxidants |
| 4) | contains nitrate curing salts |
| 5) | contains phosphates |
| 6) | contains flavour enhancers |
| 7) | contains sulphates |
| 8) | contains nitrates |
| 9) | contains sweeteners (n) |
| ** | Caught in the wild |

No genetically modified foodstuffs are used.



GfB Catering GmbH

Gutenbergstraße 11, 04178 Leipzig
Südring 501, 09125 Chemnitz

Tel.: 0341. 44 82 110

Fax: 0341. 44 82 114

info@gfb-catering.com

www.gfb-catering.com



GOOD

FOOD!



customer number

full name

institution

class

ORDER FORM FOR MARCH

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DGE menu

pasta menu

kids menu

organic menu

cold menu

salad platter

Order possible at:

ONLINE: www.gfb-catering.com, APP: GfB-Catering, HAND IN THIS NOTE: at the food counter

Information for schools with salad bars:

The raw food salads, fruit and drinks on the menu for the DGE meals, pasta meals and kids meals do not apply. Instead, these schools provide fresh food from their salad bars every day (exception: organic meal).

	DGE*MENU <small>*Deutsche Ges. für Ernährung e.V. (German Nutrition Society)</small>	PASTA MENU	KIDS' MENU	ORGANIC MENU	COLD MENU	SALAD PLATTER
WED 01.03.	Mercimek Çorbası Red lentil soup with carrots, garlic and lemon, served with bread; fruit Ia, Ib, VII	Pasta with (pork) goulash, pep-pers and mushrooms; fruit Ia, VII	Pea stew with gammon, served with bread; fruit 1, 3, Ia, Ib, VII, IX	Rice with diced vegetables served with a cheese sauce; fruit yoghurt Ia, VII, IX	Pasta salad with sweetcorn, peppers, pineapple, yoghurt dressing and a poultry frankfurter; fruit 1, 3, 5, Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; fruit VII
THURS 02.03.	Vegetarian potato soup with carrots, celery and leek, served with rye mixed bread and cucumber salad Ia, Ib, VII, X	Penne pasta with chicken strips, carrots and kohlrabi in a herb sauce served with a cucumber salad Ia, VII	Pizza Margherita , served with a cucumber salad Ia, VII	Rice pudding with sugar and cinnamon; fruit VII	Pasta salad with sweetcorn, peppers, pineapple, yoghurt dressing and a poultry frankfurter; chocolate pudding 1, 3, 5, Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; chocolate pudding VII
FRI 03.03.	Strips of beef with onions, served with potatoes; woodruff quark Ia, VII, IX	Colourful pasta with tomato sauce and grated cheese; woodruff quark Ia, VII, IX	Fish fingers with tomato sauce, served with mashed pota-toes; woodruff quark Ia, III, VII	Savoy cabbage stew with diced potatoes, served with a bread roll Ia, Ib, VII, IX	Pasta salad with sweetcorn, peppers, pineapple, yoghurt dressing and a poultry frankfurter; fruit 1, 3, 5, Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; fruit VII
MON 06.03.	Barley stew with diced potatoes, carrots, celery and leek, served with wholemeal rye bread; fruit Ia, Ib, Ic	Elbow spaghetti bolognese poultry based; fruit Ia, IX,VII	Sausage goulash sliced frankfurters with peppers in a tomato sauce served with mashed pota-toes; fruit 1, 3, 5, Ia, VII	Semolina pudding with hot cherries; banana Ia, VII	Colourful rice salad with peppers, sweetcorn, peas and poultry meatballs; fruit Ia, III, VII	Baked potato croquettes with a mixed leaf salad and a quark dip; fruit Ia, VII
TUES 07.03.	Vegetable schnitzel with a herb sauce and mashed potatoes served with a raw white cabbage and carrot salad Ia, III, VII	Pasta with sausage goulash served with white cabbage and carrot salad 1,3 ,5, Ia, IX, X	Scrambled egg with creamy spinach and potatoes served with a raw white cabbage and carrot salad Ia, VII	Cream of carrot soup with pieces of potato and carrot, served with bread, Ia, Ib, VII, IX	Colourful rice salad with peppers, sweetcorn, peas and poultry meatballs; cakes/pastries Ia, III, VII	Baked potato croquettes with a mixed leaf salad and a quark dip; cakes/pastries Ia, VII
WED 08.03.	Diced pollack in a herby cream cheese sauce served with carrots and potatoes; fruit quark Ia, IV, VII	Spirelli with diced ham in a creamy sauce; fruit quark 1, 3, 5, Ia, VII	Pancakes with apple sauce 3, Ia, III, VII	Pasta with tomato sauce; fruit Ia	Colourful rice salad with peppers, sweetcorn, peas and poultry meatballs; fruit quark Ia, III, VII	Baked potato croquettes with a mixed leaf salad and a quark dip; fruit quark VII
THURS 09.03.	Potatoes with dill quark served with a cucumber salad VII	Beef-filled tortellini served with tomato sauce and a cucumber salad Ia, VII, IX	Königsberger Klopse veal meatballs in a caper sauce with potatoes and served with a cucumber salad Ia, III, VII	Beef goulash with peppers and potatoes Ia, IX, X	Colourful rice salad with peppers, sweetcorn, peas and poultry meatballs; chocolate pudding Ia, III, VII	Baked potato croquettes with a mixed leaf salad and a quark dip; chocolate pudding VII
FRI 10.03.	Türlü : colourful sautéed vegetables with potatoes, beans, tomatoes, auber-gines and peppers, served with bread; fruit Ia, Ib, IX	Spirelli with escalope à la chasseur and tomato sauce; fruit 1, 3, 5, Ia, III, VII, IX	Creamy strips of poultry meat with mushrooms served with potatoes; fruit Ia, VII, IX	Rice pudding with hot cherries; cucumber salad VII	Colourful rice salad with peppers, sweetcorn, peas and poultry meatballs; fruit Ia, III, VII	Baked potato croquettes with a mixed leaf salad and a quark dip; fruit VII
MON 13.03.	Mild chilli sin carne , with red lentils, sweetcorn and kidney beans, served with natural rice; fruit Ia, IX	Pasta with a tomato and mozzarella sauce; fruit 3, Ia, VII	Potato soup with carrots, leek, celery and diced chasseur sau-sage; fruit 1, 3, 5, VII, IX, X	Pork goulash with red cabbage, served with potatoes; fruit yoghurt 3, Ia, VII, IX	Homemade potato salad with gherkins, sweetcorn, peppers, parsley and a vinegar-oil dressing; fruit 9, Ia	Garden mix salad platter : lettuce, cucumber, tomato and sweetcorn, turkey strips and a yoghurt and dill dressing; fruit Ia, III, VII, IX, X
TUES 14.03.	Colourful vegetable stew : celery, beans, carrots, cauliflower, please with diced potatoes served with wholemeal rye bread and a tomato-and-cucumber salad Ia, Ib, VII	Elbow spaghetti with cheese sauce, served with a toma-to-and-cucumber salad Ia, VII, IX	Pork meatball with creamy carrots and kohlrabi, gravy and potatoes Ia, III, VII	Vanilla pudding soup served with brioche; fruit Ia, III, VII	Homemade potato salad with gherkins, sweetcorn, peppers, parsley and a vinegar-oil dressing; cakes/ pastries 9, Ia	Garden mix salad platter : lettuce, cucumber, tomato and sweetcorn, turkey strips and a yoghurt and dill dressing; cakes/pastries Ia, III, VII, IX, X
WED 15.03.	Salmon ragout in a honey-and-dill sauce with vibrant carrots and potatoes; fruit yoghurt Ia, IV, VII	Penne with a creamy tomato sauce; fruit yoghurt Ia, VII	Chicken cordon bleu with gravy, creamy cauliflower and mashed potatoes 1, 3, 5, Ia, III, VII, IX	Tavuk Kavrma chicken strips with toma-toes, peppers and mush-rooms, served with rice and a cucumber salad Ia	Homemade potato salad with gherkins, sweetcorn, peppers, parsley and a vinegar-oil dressing; fruit yoghurt 9, VII	Garden mix salad platter : lettuce, cucumber, tomato and sweetcorn, turkey strips and a yoghurt and dill dressing; fruit yoghurt Ia, III, VII, IX, X
THURS 16.03.	Vegetable patty with a herb sauce and potatoes served with a raw white cabbage and manda-rin salad Ia, III, VII, IX	Bow pasta with a spinach sauce served with a white cab-bage and mandarin salad Ia, VII	Semolina pudding with sugar and cinnamon; white cabbage and manda-rin salad Ia, VII	Szeged goulash (pork goulash with sauerkraut) served with potatoes;; fruit Ia	Homemade potato salad with gherkins, sweetcorn, peppers, parsley and a vinegar-oil dressing; jelly 2, 9	Garden mix salad platter : lettuce, cucumber, tomato and sweetcorn, turkey strips and a yoghurt and dill dressing; jelly Ia, III, VII, IX, X
FRI 17.03.	Chicken breast fillet strips in a creamy sauce with carrots and peas, served with rice; piece of fruit Ia, VII, IX, X	Pasta with a pepper sauce; piece of fruit Ia, VII, IX	Chicken leg with gravy, carrots, peas and potatoes Ia, VII	Colourful fried rice with carrots, broccoli and cauliflower served with a tomato sauce Ia, VII, IX	Homemade potato salad with gherkins, sweetcorn, peppers, parsley and a vinegar-oil dressing; piece of fruit 9	Garden mix salad platter : lettuce, cucumber, tomato and sweetcorn, turkey strips and a yoghurt and dill dressing; piece of fruit Ia, III, VII, IX, X
MON 20.03.	Salmon fricassee with a mustard and dill sauce and peas, served with rice, fruit Ia, IV, VII	Pasta with sausage goulash; fruit 1, 3, 5, Ia, IX, X	Curried sausage goulash in a curry sauce with mashed potatoes; fruit 5, Ia, VII, IX, X	Sautéed vegetables (carrots, beans and brocco-li) with wholegrain rice and a cheese sauce; yoghurt Ia, VII, IX	Exotic poultry salad with pineapple, mandarin and curry, served with baguette rolls; fruit Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; cakes/pastries Ia, VII
TUES 21.03.	Lentil stew with diced potatoes and vegetables served with wholemeal bread and a cucumber salad Ia, Ib, Ic, IX	Spirelli bolognese poultry based, served with a cucumber salad Ia, IX	Pork meatballs with a creamy sauce, cauliflower and potatoes Ia, VII, IX	Colourful vegetables in a herb sauce with risi bisi (rice and peas); fruit Ia, VII	Exotic poultry salad with pineapple, mandarin and curry, served with baguette rolls; cakes/pastries Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; fruit Ia, VII
WED 22.03.	Sautéed vegetables with carrots, broccoli, caulifl-ower, soy and chives in a cheese sauce served with potatoes; mango yoghurt Ia, VI, VII, IX	Elbow spaghetti with pork goulash; mango yoghurt Ia, IX, X	Eggs in mustard sauce served with potatoes; mango yoghurt Ia, VII	Vegetarian potato soup with carrots, leek and diced celery served with bread and a cucumber salad Ia, VII	Exotic poultry salad with pineapple, mandarin and curry, served with baguette rolls; mango yoghurt Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; mango yoghurt VII
THURS 23.03.	Rice pudding with sugar and cinnamon; raw carrot salad VII	Cheese-filled tortellini served with a tomato and herb sauce and a raw carrot salad Ia, VII	Poultry meatball with creamy kohlrabi and potatoes, served with a raw carrot salad Ia, III, VII, X	Vegetarian pasta stew with carrots, peas, celery and leek, served with bread Ia, IX	Exotic poultry salad with pineapple, mandarin and curry, served with baguette rolls; apricot quark Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; apricot quark VII
FRI 24.03.	Vegetable curry (carrots, cauliflower, peas) with natural rice and feta cheese; piece of fruit Ia, VII, IX	Spirelli with tomato sauce and grated cheese; piece of fruit Ia, VII	Şehriyeli Domates Çorbası : creamy tomato soup from Anatolia with rice noodles and parsley; piece of fruit Ia, VII	Pork goulash with mushrooms and served with potatoes and a cucumber salad Ia, IX, X	Exotic poultry salad with pineapple, mandarin and curry, served with baguette rolls; piece of fruit Ia, III, VII	Salade à la jardinière mixed leaf salad with cucum-ber, tomatoes and sweetcorn served with a herb dressing; piece of fruit VII
MON 27.03.	Pork goulash with carrots, peas and black salsify served with mashed potatoes; piece of fruit Ia, VII	Pasta with a four-cheese sauce; piece of fruit Ia, VII	Strips of chicken in a creamy sauce with a pea and carrot medley served with potatoes; piece of fruit Ia, III, VII	Lentil stew with diced potato and carrot, served with bread, Ia, Ib, VII, IX	Potato salad with peppers, gherkins and a yoghurt dressing; piece of fruit Ia, III, VII	Mixed salad with tomatoes, peppers, basil and breaded chicken schnitzel; piece of fruit Ia, III, VII
TUES 28.03.	Green bean stew with diced potatoes and carrots, served with whole-meal rye bread and a carrot and white cabbage salad Ia, VII, IX	Penne pasta with chicken strips in a herb sauce served with a carrot and white cabbage salad Ia, VII	Rice pudding with sugar and cinnamon; carrot and white cabbage salad Ia, VII	Fish fingers with tomato sauce and rice; fruit quark Ia, III, IV, VII	Potato salad with peppers, gherkins and a yoghurt dressing; cakes/pastries Ia, III, VII	Mixed salad with tomatoes, peppers, basil and breaded chicken schnitzel; cakes/pastries Ia, III, VII
WED 29.03.	Soljanka with strips of chasseur sausage, gherkins and peppers served with wholemeal bread; fruit quark 1, 3, 5, Ia, Ib, Ic, VII	Pasta with a cheese and chive sauce; fruit quark Ia, VII, IX	Chicken breast fillet au naturel in gravy with a carrot medley and mashed potatoes, Ia, VII, IX, X	Potato soup with carrots, celery and leek VII	Potato salad with peppers, gherkins and a yoghurt dressing; fruit yoghurt Ia, III, VII	Mixed salad with tomatoes, peppers, basil and breaded chicken schnitzel; fruit yoghurt Ia, III, VII
THURS 30.03.	Egg ragout with carrots, peas and cauliflower served with parsley potatoes and a cucumber and radish salad Ia, VII	Pasta with tomato sauce and grated cheese served with a cucumber and radish salad Ia, VII	Sausage with gravy and mashed potatoes 1, 3, 5, Ia, VII, IX, X	Semolina pudding with sugar and cinnamon; piece of fruit Ia, VII	Potato salad with peppers, gherkins and a yoghurt dressing; fruit quark Ia, III, VII	Mixed salad with tomatoes, peppers, basil and breaded chicken schnitzel; fruit quark Ia, III, VII
FRI 31.03.	Diced pollack in a cream cheese sauce with spinach served with natural rice; piece of fruit Ia, IV, VII	Colourful spirelli with a spinach sauce; piece of fruit Ia, VII	Chicken fricassee with carrots and peas, served with rice; piece of fruit Ia, VII, IX	Colourful egg ragout with potatoes and a cucumber salad Ia, VII	Potato salad with peppers, gherkins and a yoghurt dressing; piece of fruit III, VII	Mixed salad with tomatoes, peppers, basil and breaded chicken schnitzel; piece of fruit Ia, III, VII