

MENU FEBRUARY 2024



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 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.

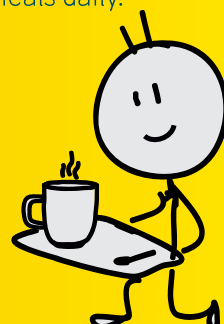
In order to safely create wholesome anti-allergy meals, we require a medical certificate.

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 version
					contains lamb



Allergen information

We would like to point out that during the complex flow of goods in food production (harvesting, transport, storage, production, packaging...) the possibility of cross-contamination and product transfer cannot generally be ruled out. It is therefore not possible for us to guarantee the complete absence of possible allergens in the regular food supply. If you are dependent on allergen-free food, we would be happy to refer you to our special food offer.

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
XIII	lupin and products thereof
XIV	molluscs and products thereof

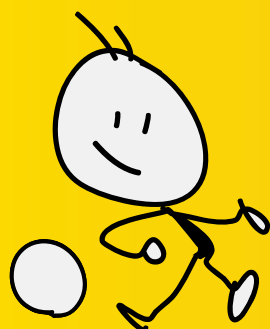
Information on the use of additives

We do not use any additives that require labeling. Foods that already contain additives from the manufacturer (supplier), such as: B. Nitrite curing salt in ham products or Kassler, are clearly shown directly on the corresponding product in accordance with the additive's regulation.

Additive labels:

1) contains preservatives	8) contains nitrates
2) contains colouring agents	9) contains sweeteners
3) contains antioxidants	10) blackened
4) contains nitrate curing salts	11) waxed
5) contains phosphates	12) contains alcohol
6) contains flavour enhancers	13) contains phenylalanine
7) contains sulphates	14) contains liquid seasoning

** caught in the wild
No genetically modified foodstuffs are used.



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YOU:

WE: MAKE COOKING FUN – YOU CAN TASTE IT!



customer number

full name

institution

class

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DGE menu

pasta menu

kids menu

organic menu

cold menu

salad platter

05.02. – 10.2.24 holidays in Saxony-Anhalt





































































































12.02. – 23.02.24 holidays in Saxony

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 FROM 100% ORGANIC INGREDIENTS	COLD MENU	SALAD PLATTER
THURS 01/02/24	Egg ragout with carrots, peas and cauliflower, with parsley potatoes, cucumber and radish salad  Ia, VII	Spirelli with tomato sauce and grated cheese, cucumber and radish salad  Ia, VII	 Barley soup from Graubünden with bacon ^(1,3,5) , barley, colorful vegetables and herbs, with bread cucumber and radish salad  Ia, Ib, Ic, IX	Chicken fricassee plus rice, fruit  Ia, VII	Potato salad with bell pepper, cucumber and yogurt dressing, blueberry curd  III, VII	Mixed salad with tomatoes and peppers, basil and breaded chicken Schnitzel, blueberry curd  Ia, III, VII
FRI 02/02/24	Pollock cubes in spinach cream cheese sauce, with brown rice, piece of fruit  Ia, IV, VII	Pasta with gorgonzola sauce, piece of fruit  Ia, VII	Sliced pork in cream sauce, served with peas and carrots, potatoes, assorted fruit  Ia, VII	Semolina porridge with sugar and cinnamon, apple  Ia, VII	Potato salad with bell pepper, cucumber and yogurt dressing, piece of fruit  III, VII	Mixed salad with tomatoes and peppers, basil and breaded chicken Schnitzel, piece of fruit  Ia, III, VII
MON 05/02/24 <small>Holidays SA</small>	Stir-fried vegetables with carrots, beans, cauliflower, soy and chives, with cheese sauce and potatoes, fruit  2, Ia, VI, VII	Fork spaghetti with ham ^(1,3,5) cream sauce, fruit  Ia, VII, IX	Currywurst goulash in curry sauce and mashed potatoes, fruit  5, Ia, VII, IX, X	Noodle pot with carrots, peas, celery and leek, bread  Ia, IX	Exotic chicken salad with pineapple, tangerines and curry, baguette rolls, fruit  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, fruit  Ia, VII
TUE 06/02/24 <small>Holidays SA</small>	Chicken meatball with cream sauce, peas and herb potatoes, cucumber salad  Ia, III, VII, X	 Hörnli und Ghackets small pasta with dark minced meat sauce and grated cheese, cucumber salad  Ia, VII, IX	Potato soup with sliced Vienna sausages ^(1,3,5) , cucumber salad  VII, IX, X	Mixed vegetables in herb sauce with risi-bisi (rice with peas), fruit  Ia, VII	Exotic chicken salad with pineapple, tangerines and curry, baguette rolls, pastries  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, plus pastries  Ia, VII
WED 07/02/24 <small>Holidays SA</small>	Salmon cubes in mustard dill sauce with peas, with rice, mango yogurt  Ia, IV, VII	Fork spaghetti with pork goulash, mango yogurt  Ia, X	Yeast dumplings with vanilla sauce, mango yogurt  Ia, III, VII	Tomato soup with rice and herbs, fruit  Ia	Exotic chicken salad with pineapple, tangerines and curry, baguette rolls, “froop” (yogurt)  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, “froop” (yogurt)  VII
THURS 08/02/24 <small>Holidays SA</small>	Rice pudding with sugar and cinnamon, cucumber and corn salad  VII	Noodles with zucchini salmon sauce, cucumber and corn salad  Ia, IV, VII	Pork patty with kohlrabi cream and potatoes  Ia, III, VII	Chili sin carne with kidney beans and corn, plus rice  Ia, VI	Exotic chicken salad with pineapple, tangerines and curry, baguette rolls, jelly  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, jelly  VII
FRI 09/02/24 <small>Holidays SA</small>	Vegetable curry (carrot, cauliflower, peas) with brown rice and feta, piece of fruit  Ia, VII, IX	Spirelli with cheese sauce ⁽²⁾ , piece of fruit  Ia, VII	Scrambled eggs with creamed spinach and potatoes, piece of fruit  Ia, VII	Sliced pork with mushrooms, served with potatoes and organic clementines  Ia, IX	Exotic chicken salad with pineapple, tangerines and curry, baguette rolls, piece of fruit  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, piece of fruit  VII
MON 12/02/24 <small>Holidays SN</small>	Vegetarian chickpea curry with carrots, cauliflower and peas, with rice, fruit  Ia, VII, X	Colorful chicken ragout with vegetables and herbs, served with noodles, fruit  Ia, VII	Vegetarian potato soup with diced vegetables, wholemeal rye bread, fruit  Ia, Ib, VII, IX, X			
TUE 13/02/24 <small>Holidays SN</small>	Whole grain pasta bolognese with lentils, carrots and tomatoes, white cabbage and mandarin raw salad  Ia, IX	Colorful noodles with four cheese sauce ⁽²⁾ , white cabbage and mandarin raw salad  Ia, VII	Creamy chicken slices with risi bisi (rice and peas), white cabbage and mandarin raw salad  Ia, VII			
WED 14/02/24 <small>Holidays SN</small>	White cabbage stew with potato pieces, carrots and leek, with wholemeal bread, woodruff quark  Ia, Ib, Ic, Id, VII, IX	Spirelli with colorful vegetables in a creamy herb sauce, woodruff quark dish  Ia, VII	Crepe with applesauce ⁽³⁾  Ia, III, VII			
THURS 15/02/24 <small>Holidays SN</small>	Salmon cubes in lemon cream cheese sauce with peas, cauliflower and herb potatoes, raw carrot salad  Ia, IV, VII	Penne with tomato mozzarella sauce, raw carrot salad  Ia, VII, IX	 Zurich ragout with spaetzle raw carrot food  Ia, III, VII			
FRI 16/02/24 <small>Holidays SN</small>	Stir-fried Bulgur with vegetables (carrots, peas, tomatoes) and chicken breast strips, with cheese sauce ⁽²⁾ , fruit  Ia, VII	Farfalle with salmon and tomatoes in cream sauce, fruit  Ia, IV, VII	Yeast dumplings with vanilla sauce, fruit  Ia, III, VII			
MON 19/02/24 <small>Holidays SN</small>	Sweet and sour lentil stew, served with wholemeal bread, fruit  Ia, Ib, IX	Pasta Bolognese with lenses, fruit  Ia, IX	Chicken goulash with kohlrabi and mashed potatoes, fruit  Ia, VII			
TUE 20/02/24 <small>Holidays SN</small>	Scrambled eggs with chives, served with boiled potatoes, cucumber salad  Ia, VII	Farfalle with colorful vegetables and salmon cubes in herb sauce, cucumber salad  Ia, IV, VII, IX	Vegetable patty with peppers in tomato sauce and rice, cucumber salad  Ia, III, VII			
WED 21/02/24 <small>Holidays SN</small>	Gnocchi with spinach cream cheese sauce, berry curd  Ia, III, VII	 Äplermagronen Macaroni in creamy cream sauce with cheese, bacon ^(1,3,5) and onions, applesauce ⁽³⁾  Ia, VII	Rice pudding with applesauce ⁽³⁾  VII			
THURS 22/02/24 <small>Holidays SN</small>	Cooked meatballs with colorful carrots in herb sauce, with potatoes, tomato salad  Ia, III, VII	Penne with spinach and ricotta sauce, tomato salad  Ia, VII	Rice stir-fry with vegetables and mushrooms, with herb sauce, tomato salad  Ia, VII			
FRI 23/02/24 <small>Holidays SN</small>	Marinated herring ^(3,9) in yogurt sauce, with boiled potatoes, fruit  Ia, III, IV, VII	Fork Spaghetti Bolognese with poultry, fruit  Ia, IX	Marbled yeast dumplings with vanilla sauce, fruit  Ia, VI, VII, VIII			
MON 26/02/24	Vegetable cream soup with carrots, celery, leek and potato cubes, with wholemeal bread, fruit  Ia, VII, IX	Noodles with pesto sauce, fruit  Ia, VII, VIII	Chicken breast strips in cream sauce, with Brussels sprouts and potatoes, fruit  Ia, VII, X	Colorful vegetable curry with turmeric, pineapple and coconut milk, served with rice  Ia, VII	Colorful rice salad with corn and peas, chicken meatball, fruit  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, plus fruit  Ia, VII
TUE 27/02/24	Vegetables stir-fry Asian style (peppers, soy, green beans and carrot strips) with rice, tomato salad with feta  Ia, VI, VII, IX	Vegetarian noodle stew with soup vegetables and bread, tomato salad with feta  Ia, Ib, VII, IX	Pizza with salami ^(1,3,5) and bell pepper, tomato salad with feta  Ia, VII	Rice pudding with sugar and cinnamon, tangerine  VII	Colorful rice salad with corn and peas, chicken meatball, pastries  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, plus pastries  Ia, VII
WED 28/02/24	Pollock cubes in mustard dill sauce, with whole grain vegetable rice with peas and carrots, berry yogurt  Ia, IV, VII	Fork spaghetti with sausage goulash ^(1,3,5) , berry yogurt  Ia, VII	Vegetable patty with herb-lemon sauce, served with herb potatoes and colorful carrots  Ia, III, VII	Pork goulash with mushrooms and parsley potatoes, cucumber salad  VII, Ia	Colorful rice salad with corn and peas, chicken meatball, berry yogurt with cinnamon  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, berry yogurt with cinnamon  Ia, VII
THURS 29/02/24	Beef goulash with beans and potatoes, cucumber and tomato salad  Ia, X	Strozzapreti Bolognese with pork, cucumber and tomato salad  Ia, IX	Pollock fish fingers with tomato sauce and mashed potatoes, cucumber and tomato salad  Ia, IV, III, VII	Carrot stew with potato pieces, plus bread  Ia, VII, IX	Colorful rice salad with corn and peas, chicken meatball, chocolate pudding  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, chocolate pudding  Ia, VII