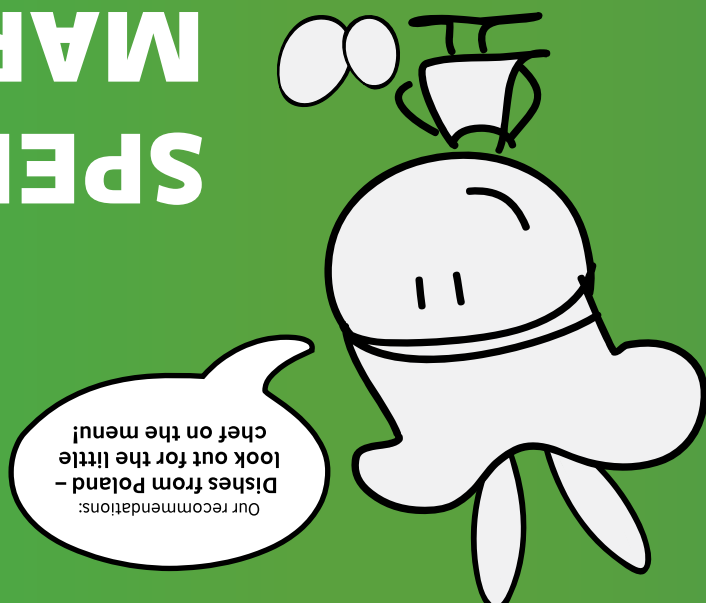


# SPEISEPLAN MARCH 2024



## 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



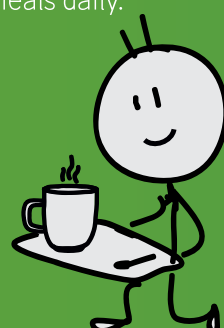
contains fish, practically boneless



contains vension



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   |

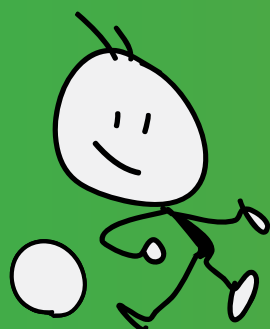
## Information on the use of additives

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.



## GfB Catering GmbH

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www.gfb-catering.com



# GOOD



# FOOD!



customer number

full name

institution

class

Calendar week

09

10

11

12

13

F

01

M

04

Tue

05

W

06

Th

07

F

08

M

11

Tue

12

W

13

Th

14

F

15

M

18

Tue

19

W

20

Th

21

F

22

M

25

Tue

26

W

27

Th

28

F

29

DGE menu

pasta menu

kids menu

organic menu

cold menu

salad platter

25.03. – 30.03.24 Holidays in Saxony-Anhalt

28.03. – 05.04.24 Holidays in Saxony

Order possible at:  
ONLINE: [www.gfb-catering.com](http://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
FRI 01/03/24	Soy and vegetable cubes in tomato sauce, with herb rice, fruit  Ia, VI, IX	Spirelli with turkey goulash, zucchini and tomatoes, fruit  Ia	 Rosót Chicken soup with noudles, colorful vegetables, served with bread, fruit  Ia, Ib, IX	Rice pudding with sugar and cinnamon, banana  VII	Colorful rice salad with corn, peas and chicken meatball, fruit  Ia, III, VII	Baked potato turnover with mixed leaf salad and quark dip, plus fruit  Ia, VII
MON 04/03/24	Vegetable stew mexican style (tomatoes, peppers, kidney beans) with whole grain rice, fruit  Ia, IX	Currywurst goulash <sup>(1,3,5)</sup> with pasta, fruit  Ia, VII, IX, X	Vanilla pudding soup with milk buns, fruit  Ia, VII	Fish cubes in mustard dill sauce, with peas and potatoes, tangerine  Ia, IV, VII	Spaghetti salad with red pesto, feta, olives <sup>(10)</sup> and rucola, fruit  Ia, VII, VIII	Salad platter gardener stlye: mixed lettuce, cucumber, tomatoes and corn with herb dressing, fruit  VII
TUE 05/03/24	Colorful egg fricassee (peas, cauliflower, carrots) with parsley potatoes, berry yogurt  Ia, III, VII	Spirelli with Jägerschnitzel <sup>(1,3,5)</sup> and tomato sauce, berry yogurt  Ia, III, VII	Pearl barley stew with smoked meat <sup>(1,3)</sup> , vegetables and potato cubes, bread, berry yogurt  Ia, Ib, VII, IX	Long grain rice with diced vegetables, with tomato cream sauce, plus pieces of fruit  Ia, VII	Spaghetti salad with red pesto, feta, olives <sup>(10)</sup> and rucola, berry yogurt  Ia, VII, VIII	Salad platter gardener stlye: mixed lettuce, cucumber, tomatoes and corn with herb dressing, berry yogurt  VII
WED 06/03/24	Scrambled eggs with herbs, boiled potatoes, spinach and cucumber salad  VII	Penne with tomato feta sauce, cucumber salad  Ia, VII	Pea soup with slices of viennese sausage <sup>(1,3,5)</sup> plus bread, cucumber salad  Ia, Ib, VII, IX	Pork goulash with carrot and kohlrabi vegetables and potatoes  Ia, III, VII	Spaghetti salad with red pesto, feta, olives <sup>(10)</sup> and rucola, fruit  Ia, VII, VIII	Salad platter gardener stlye: mixed lettuce, cucumber, tomatoes and corn with herb dressing, strawberry yogurt  VII
THURS 07/03/24	Salmon in curry mustard sauce with colored rice (rice with corn and carrots), fruit  Ia, IV, VII, X	Noodle stew with carrots, peas, celery and leek, plus whole grain rye bread, fruit  Ia, Ib, Ic	Pancakes with applesauce <sup>(3)</sup>  Ia, III, VII	Chicken ragout with colorful vegetables and potatoes  Ia, VII, IX	Spaghetti salad with red pesto, feta, olives <sup>(10)</sup> and rucola, fruit  Ia, VII, VIII	Salad platter gardener stlye: mixed lettuce, cucumber, tomatoes and corn with herb dressing, fruit  VII
FRI 08/03/24	Jägerschnitzel <sup>(1,3,5)</sup> with mushroom cream sauce, plus potatoes  Ia, III, VII, IX, X	Chicken breast <sup>(14)</sup> in mustard cream sauce with peas and mashed potatoes  Ia, VII	 Gotąbki cabbage roll in tomato sauce, served with rice, fruit  Ia, III, VII	Vegetable curry (carrot, cauliflower, chickpeas) with brown rice, raw carrot food  Ia, VII	Spaghetti salad with red pesto, feta, olives <sup>(10)</sup> and rucola, fruit  Ia, VII, VIII	Salad platter gardener stlye: mixed lettuce, cucumber, tomatoes and corn with herb dressing, fruit  VII
MON 11/03/24	Mild chili sin carne, with red lentils, corn and kidney beans, with brown rice, fruit  Ia	Bolognese pasta with pork, fruit  Ia, IX,VII	"Schnippelwurst goulash" slices of Viennas <sup>(1,3,5)</sup> with peppers in tomato sauce, with mashed potatoes, fruit  Ia, VII	Semolina porridge with hot cherries, banana  Ia, VII	Couscous salad with corn, feta and chicken strips <sup>(14)</sup> , fruit  Ia, VII	Mixed salad with tomato, cheese strips and egg, with yogurt dressing, fruit  Ia, III, VII
TUE 12/03/24	Vegetable schnitzel with paprika sauce and mashed potatoes, white cabbage and carrot raw food  Ia, III, VII	Butterfly noodles with spinach sauce, white cabbage and carrot raw food  Ia, VII	Quark fritters with applesauce <sup>(3)</sup>  Ia, III, VII	Carrot cream soup with potato and carrot pieces, plus bread,  Ia, Ib, VII, IX	Couscous salad with corn, feta and chicken strips <sup>(14)</sup> , pastries  Ia, VII	Mixed salad with tomato, cheese strips and egg, with yogurt dressing, pastries  Ia, III, VII
WED 13/03/24	Pollock cubes in mustard dill sauce, with peas and potatoes, fruit curd  Ia, IV, VII	Spirelli with ham cubes <sup>(1,3,5)</sup> in cream sauce, fruit curd  Ia, VII	Vegetarian fish fingers with tomato sauce and mashed potatoes, fruit curd  Ia, IV, VII	Egg ragout in mustard sauce with herb potatoes, fruit  Ia, VII	Couscous salad with corn, feta and chicken strips <sup>(14)</sup> , vanilla curd  Ia, VII	Mixed salad with tomato, cheese strips and egg, with yogurt dressing, vanilla curd  Ia, III, VII
THURS 14/03/24	Potato pouch with herb dill quark, plus cucumber salad  Ia, VII	Spaghetti with lemon basil sauce, cucumber salad  Ia, VII	 Grochówka pea soup with slices of Viennas <sup>(1,3,5)</sup> plus bread, cucumber salad  Ia, III, VII	Beef goulash with peppers and potatoes  Ia, X	Couscous salad with corn, feta and chicken strips <sup>(14)</sup> , chocolate pudding  Ia, VII	Mixed salad with tomato, cheese strips and egg, with yogurt dressing, chocolate pudding  Ia, III, VII
FRI 15/03/24	Pan fried colorful vegetable with potatoes, beans, tomatoes, eggplant and peppers, with bread, fruit  Ia, Ib, IX	Colorful pasta with four cheese sauce <sup>(2)</sup> , fruit  Ia, VI, VII	Chicken slices with mushrooms in dark cream sauce, with Risi Bisi (rice with peas), fruit  Ia, VII	Wholemeal pasta with mushroom sauce and bacon <sup>(1,3,5)</sup> and herbs, cucumber salad  Ia, VII	Couscous salad with corn, feta and chicken strips <sup>(14)</sup> , fruit  Ia, VII	Mixed salad with tomato, cheese strips and egg, with yogurt dressing, fruit  Ia, III, VII
MON 18/03/24	Pearl barley stew with potato cubes, carrots, celery and leek, whole grain rye bread, fruit  Ia, Ib, Ic	Noodles with tomato parmesan sauce, fruit  Ia, VII	Potato soup with carrots, leek, celery and hunter sausage cubes, fruit  1, 3, 5, VII, IX, X	Pork goulash, plus green beans and potatoes  3, Ia, VII, X	Pasta salad with corn, peppers, french dressing and chicken boulette, fruit  Ia, III, VII	Mixed garden salad: leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit  Ia, III, VII, IX, X
TUE 19/03/24	Colorful vegetable pot with savoy cabbage, celery, beans, carrots, peas and potato cubes, plus whole grain ryebread, tomato cucumber salad  Ia, Ib, VII	Fork spaghetti with cheese and herb sauce, tomato cucumber salad  Ia, VII	Chicken nuggets with tomato sauce and mashed potatoes  Ia, III, VII	Rice pudding with applesauce <sup>(3)</sup>  VII	Pasta salad with corn, peppers, french dressing and chicken boulette, pastries  Ia, III, VII	Mixed garden salad: leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, pastries  Ia, III, VII, IX, X
WED 20/03/24	Salmon cubes in honey dill sauce with colorful carrots and herb potatoes, fruit yoghurt  Ia, IV, VII	Penne with tomato sauce and grated cheese, fruit yoghurt  Ia, VII	 Kotlet Schabowy Schnitzel with carrot and kohlrabi cream, plus potatoes, fruit yoghurt  Ia, III, VII	Soy slices with tomatoes, peppers and mushrooms, with rice, cucumber salad  Ia, VI	Pasta salad with corn, peppers, french dressing and chicken boulette, fruit yoghurt  Ia, III, VII	Mixed garden salad: leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit yoghurt  Ia, III, VII, IX, X
THURS 21/03/24	Vegetable patty with herb sauce and potatoes, white cabbage and mandarin raw food  Ia, III, VII	Noodles with sausage goulash <sup>(1,3,5)</sup> , white cabbage and mandarin raw food  Ia, IX, X	Semolina porridge with sugar and cinnamon, white cabbage and mandarin raw food  Ia, VII	Szeged goulash (pork goulash with sauerkraut), plus potatoes, fruit  Ia, X	Pasta salad with corn, peppers, french dressing and chicken boulette, strawberry curd  Ia, III, VII	Mixed garden salad: leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, strawberry curd  Ia, III, VII, IX, X
FRI 22/03/24	Strips of chicken breast fillet <sup>(14)</sup> in poultry cream sauce, carrots and peas, with rice, piece of fruit  Ia, VII, X	Penne with green pesto, fruit  Ia, VII, VIII	Fish fingers with mashed potatoes and dill sauce, fruit  Ia, IV, VII	Pan fried colorful rice with carrots, broccoli, cauliflower and herbs, with tomato sauce  Ia, VII	Pasta salad with corn, peppers, french dressing and chicken boulette, piece of fruit  Ia, III, VII	Mixed garden salad: leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, piece of fruit  Ia, III, VII, IX, X
MON 25/03/24 <small>Holidays SA</small>	Pollock cubes in mustard sauce with peas and rice, fruit  Ia, IV, VII	Bolognese spirelli with soy, fruit  Ia, VI, IX	Currywurst goulash <sup>(1,3,5)</sup> in curry sauce and mashed potatoes, fruit  Ia, VII, IX, X	Pan fried vegetables (carrots, beans and broccoli) with whole grain rice, with cheese sauce, apple  Ia, VII	 Sałatka jarzynowa colorful vegetable salad with potatoes, carrots, celery, peas, eggs and gherkin, fruit  Ia, III, VII	Salad gardener style: mixed lettuce, cucumber, tomatoes and corn with herb dressing, plus fruit  Ia, VII
TUE 26/03/24 <small>Holidays SA</small>	Lentil stew with potato cubes and vegetables, plus whole grain bread, cucumber salad  Ia, Ib, Ic, IX	Fork spaghetti with pork goulash, cucumber salad  Ia, X	Sweet and sour potato stew carrot and potato cubes, pickled cucumber and hunter sausage cubes <sup>(1,3,5)</sup>  Ia, VII	Colorful vegetables in herb sauce with Risi Bisi (rice with peas), fruit  Ia, VII	 Sałatka jarzynowa colorful vegetable salad with potatoes, carrots, celery, peas, eggs and gherkin, pastries  Ia, III, VII	Salad gardener style: mixed lettuce, cucumber, tomatoes and corn with herb dressing, plus pastries  Ia, VII
WED 27/03/24 <small>Holidays SA</small>	Pan fried vegetables (carrots, cauliflower, peas) and soy in herb sauce, with potatoes, raw carrot food  Ia, VI, VII	Noodles with sausage goulash <sup>(1,3,5)</sup> , raw carrot food  Ia, VII IX, X	Eggs in mustard sauce, plus potatoes, raw carrot food  Ia, VII	Rice pudding with hot cherries, fruit  VII	 Sałatka jarzynowa colorful vegetable salad with potatoes, carrots, celery, peas, eggs and gherkin, red fruit jelly  Ia, III, VII	Salad gardener style: mixed lettuce, cucumber, tomatoes and corn with herb dressing, red fruit jelly  VII
THURS 28/03/24 <small>Holidays SA Holidays SN</small>	Carrot stew with potato cubes, plus whole grain bread, cherry yogurt  Ia, Ib, Ic, Id, VI, IX	Tortellini with spinach and ricotta filling, with tomato and herb sauce, cherry yogurt  Ia, VII	Chicken meatball with creamed kohlrabi and potatoes, cherry yogurt  Ia, III, VII, X			
FRI 29/03/24 <small>Holidays SA Holidays SN Good Friday</small>	Happy Easter!					