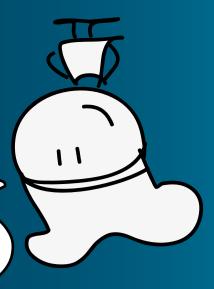
# **PSOS YAM** MENN







#### 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.

contains lamb



vegetarian dish

contains poultry



contains pig

contains fish, practically boneless



contains beef

contains vension





## **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:

- grains containing gluten or hybrids created using them and products thereof
- wheat
- la
- lb
- spelt kamut
- crustaceans and products thereof
- eggs and products thereof fish and products thereof

- peanuts and products thereof
- soya beans and products thereof
- milk and products thereof (includes lactose) nuts and products thereof
- almonds
- hazelnuts VIIIc walnuts
- cashew nuts
- VIIIf Brazil nuts
- VIIIh macadamia or Queensland nuts
- pine nuts
- pistachios
- celery and products thereof
- mustard and products thereof sesame seeds and products thereof
- sulphur dioxide and sulphites in a concentration
- of more than 10 mg/kg or 10 mg/l lupin and products thereof
- molluscs and products thereof



#### **GFB Catering GmbH**

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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
- 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
- 10) blackened
- 11) waxed
- 12) contains alcohol 13) contains phenylalanine
- 14) contains liquid seasoning
- \*\* caught in the wild
- No genetically modified foodstuffs are used.

# **ORDER QUICKLY** WITH OUR APP "GFB CATERING"!



www.gfb-catering.com Servicetelefon: 0341. 44 82 110



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kids menu																													
organic menu																													
cold menu																													
salad platter																											ays in Sax		alt

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). ORGANIC MENU FROM 100% ORGANIC INGREDIENTS **DGE\*MENU KIDS MENU COLD MENU PASTA MENU SALAD PLATTER** \*Deutsche Ges. für Ernährung e.V. (German Nutrition Society) WED 01/05/24 Labor day Vegetable patty Salad plate garden mix: Pasta salad **Szeged goulash** (pork goulash with sauer-kraut), plus potatoes, fruit with cream cheese-herb sauce and potatoes, with corn, peppers,
French dressing
and a chicken boulette,
apple Tortellini Semolina porridge with sugar and cinnamon, leaf lettuce, cucumber, tomato and corn, turkey with beef filling, served **THURS** breast strips (14). yogurt-dill dressing, apple 02/05/24 apple with tomato sauce, apple apple Na, III, VII ∛la, VII 🛹 Ia, IX, X न la, X ₩ la, III, VII

	VIa, III, VII	€ la, IX, X	▼Ia, VII	€ Ia, X	appte ✓ Ia, III, VII	dressing, apple
FRI 03/05/24	Strips of chicken breast fillet (14) in poultry cream sauce, carrots and peas, with rice, banana	Penne with green pesto, banana	Fish fingers with mashed potatoes and dill sauce, banana	Rice with colorful vegetables (carrots, broccoli, cauli- flower and herbs), with tomato sauce	Pasta salad with corn, peppers, French dressing and a chicken boulette, banana	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips (14) yogurt-dill dressing, banana
MON 06/05/24	Pollock cubes in mustard sauce with peas, with rice, fruit	Spirelli bolognese with soy, fruit	Currywurst goulash (1, 3, 5) in curry sauce and mashed potatoes, fruit	Rice pudding with hot cherries, apple	Colorful rice salad with peppers, corn, peas, a chicken meatball, fruit	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with herb dressing, plus fruit
TUE 07/05/24	Lentil stew with potato cubes and vegetables, plus whole grain bread, cucumber salad	Fork spaghetti with pork goulash, cucumber salad	Sweet and sour potato chunk stew with carrot cubes, potato cubes, pickled cucumber, hunting sausage cubes (1,3,5) and sour cream, cucumber salad	Mixed vegetables in herb sauce with Risi- Bisi (rice with peas), apple	Colorful rice salad with peppers, corn, peas, a chicken meatball, pastries	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with herb dressing, pastries
WED 08/05/24	Mixed vegetables (carrots, cauliflower, peas) and soy in herb sauce, with potatoes, cherry yogurt	Noodles with sausage goulash (1, 3, 5), cherry yogurt  la, VII IX, X	Eggs in mustard sauce, plus potatoes, cherry yogurt	Goulash soup with diced potatoes and peppers, with bread	Colorful rice salad with peppers, corn, peas, a chicken meatball, red fruit jelly	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with herb dressing, red fruit jelly VII
THURS 09/05/24 Holiday	Ascension Day					
FRI 10/05/24 Holidays SN	Vegetable curry (carrot, cauliflower, chick- peas) with brown rice, piece of fruit	Spirelli with tomato sauce and grated cheese, piece of fruit	Köttbullar minced balls in cran- berry cream sauce, with mashed potatoes, fruit  la, III, VII			
MON 13/05/24	Pork goulash with carrots and peas, with mashed potatoes, piece of fruit	Fork spaghetti with four cheese sauce <sup>(2),</sup> piece of fruit	Chicken slices with vegetables in cream sauce, with rice, piece of fruit	Chili sin carne with lentils, kidney beans and corn, with rice, apple	Potato salad with bell pepper, cucum- ber and yogurt dressing, piece of fruit	Mixed salad plate with tomatoes and pep- pers, basil and breaded chicken schnitzel, piece of fruit
TUE 14/05/24	Green bean stew with potato and carrot cubes, with whole grain rye bread, carrot and white cabbage salad	Penne with ratatouille (stewed vegetables) and chicken strips (14), carrot and white cabbage salad	Pizza napoli, carrot and white cabbage salad	Colorful fish ragout, with herb rice, fruit curd → Ia, IV, VII	Potato salad with bell pepper, cucum- ber and yogurt dressing, pastries	Mixed salad plate with tomatoes and pep- pers, basil and breaded chicken schnitzel, pastries
WED 15/05/24	Vegetable stew with savoy cabbage, carrots and celery, plus whole grain bread, fruit curd	Farfalle with chive cheese sauce (2). fruit curd	Natural chicken breast fillet (14) with pea and carrot cream, with mashed potatoes, fruit curd	Pork goulash with peppers and herb potatoes	Potato salad with bell pepper, cucum- ber and yogurt dressing, fruit yoghurt	Mixed salad plate with tomatoes and pep- pers, basil and breaded chicken schnitzel, fruit yoghurt
THURS 16/05/24	Egg ragout with carrots, peas and cauliflower, with parsley potatoes, cucumber and radish salad	Spirelli with tomato sauce and grated cheese, cucumber and radish salad	Boller i karry minced pork meatballs in a creamy curry sauce with apple pieces, with brown rice, cucumber and radish salad	Chicken fricassee plus rice, fruit   ✓ la, VII	Potato salad with bell pepper, cucum- ber and yogurt dressing, blueberry curd	Mixed salad plate with tomatoes and pep- pers, basil and breaded chicken schnitzel, blueberry curd
FRI 17/05/24	Pollock cubes in spinach cream cheese sauce, with brown rice, piece of fruit → Ia, IV, VII	Pasta with gorgonzola sauce, piece of fruit	Shredded pork with peas, carrots and potatoes, piece of fruit	Semolina porridge with sugar and cinnamon, apple	Potato salad with bell pepper, cucum- ber and yogurt dressing, piece of fruit	Mixed salad plate with tomatoes and pep- pers, basil and breaded chicken schnitzel, piece of fruit
MON 20/05/24 Holiday	Whit Monday					
TUE 21/05/24 Holidays SA and SN	Poultry meatball with cream sauce, peas and herb potatoes, fruit  la, III, VII, X	Spirelli bolognese with poultry, fruit	Potato soup with viennese sausage slices (1,3,5), with bread, fruit			
WED 22/05/24 Holidays SA	Salmon cubes in honey mustard dill sauce with peas, with rice, mango yogurt → Ia, IV, VII	Fork spaghetti with pork goulash, mango yogurt	Yeast dumplings with vanilla sauce, mango yogurt	Tomato soup with rice and herbs, fruit	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, "froop" (yogurt)	Baked potato pockets with mixed leaf salad and quark dip, "froop" (yogurt)
THURS 23/05/24 Holidays SA	Rice pudding with sugar and cinnamon, cucumber and corn salad VII	Noodles with zucchini salmon sauce, cucumber and corn salad → Ia, IV, VII	minced beef steaks in a creamy onion sauce with potatoes, cucumber and corn salad	Savoy cabbage stew with potato pieces, with bread rolls, fruit yoghurt	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, jell-o	Baked potato pockets with mixed leaf salad and quark dip, jell-o
FRI 24/05/24 Holidays SA	Vegetable curry (carrot, cauliflower, peas) with brown rice and feta, piece of fruit	Spirelli with cheese sauce <sup>(2),</sup> piece of fruit	Scrambled eggs with creamed spinach and potatoes, piece of fruit	Shredded pork with mushrooms, plus potatoes, Organic clementines	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, piece of fruit	Baked potato pockets with mixed leaf salad and quark dip, piece of fruit
MON 27/05/24	Vegetarian chickpea curry with carrots, cauliflower and peas, with rice, fruit	Colorful chicken ragout with vegetables and herbs, served with noodles, fruit	Vegetarian potato soup with diced vegetables, wholemeal rye bread, fruit	Pork goulash, with red cabbage and potatoes, apple	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1.3.5). fruit	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit
TUE 28/05/24	Whole grain pasta Bolognese with lentils, carrots and tomatoes, white cabbage and man- darin raw food	Colorful noodles with four cheese sauce (2), white cabbage and mandarin raw food	Creamy chicken slices with risi-bisi (rice with peas), white cabbage and mandarin raw food	Eggs in mustard sauce with herb potatoes, fruit	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1.3.5). pastries	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, pastries
WED 29/05/24	White cabbage stew with potato pieces, carrots and leek, with wholemeal bread, woodruff quark	Spirelli with colorful vegetables in a creamy herb sauce, woodruff quark dish	Ärtsoppa swedish pea soup with pork, with bread, woodruff quark	Pancake with applesauce (3). fruit	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1.3.5). woodruff quark	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, woodruff quark
THURS 30/05/24	Salmon cubes in lemon cream cheese sauce with peas, cauli- flower and herb potatoes, raw carrot food → Ia, IV, VII	Penne with tomato mozzarella sauce, raw carrot food	Turkey schnitzel with creamed cauliflower and potatoes, raw carrot food	Colorful rice pan with carrots, peas, cauliflower and herbs, with tomato sauce, fruit	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1, 3, 5). fruit yoghurt	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit yoghurt
FRI 31/05/24	Bulgur pan with vegetables (carrots, peas, tomatoes) and chicken breast strips, with cheese sauce <sup>(2),</sup> fruit	Farfalle with salmon and tomatoes in cream sauce, fruit → Ia, IV, VII	Vanilla pudding soup with milk bun, fruit	Chili sin carne with kidney beans and corn, plus rice	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1.3.5). fruit	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit