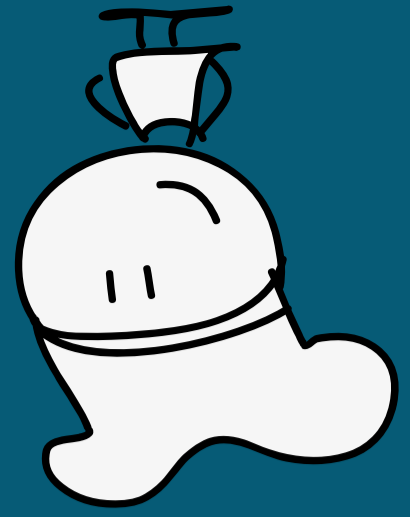
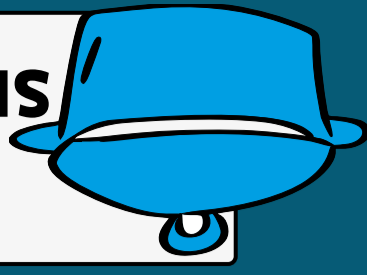


SEPTEMBER 2024 MENU



Our recommendations:
Hungarian dishes –
look out for the
little chef on the 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 organic label creates consistency, clarity and provides guidance; if it says "organic" on the label, you can be sure that it really is organic.

SERVICE HOTLINE 0341. 44 82 110

GfB Catering GmbH

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Tel.: 0341. 44 82 110

Fax: 0341. 44 82 114

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www.gfb-catering.com



Our special meal 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.



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.

Information on the use of additives

- | | |
|----------------------------------|-------------------------------|
| 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.

This is how we label our dishes:

- vegetarian dish
- contains poultry
- contains pig
- contains fish practically boneless
- contains beef
- contains venison
- contains lamb



GFB: GENUINE FOOD BLISS.

www.gfb-catering.com
Service hotline: 0341. 44 82 110

customer number

ORDER FORM FOR SEPTEMBER 2024

full name

institution

Class

	KW 36					37					38					39					40
	M	Tue	W	Th	F	M	Tue	W	Th	F	M	Tue	W	Th	F	M	Tue	W	Th	F	M
	02	03	04	05	06	09	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30
DGE-Menü																					
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 FROM 100% ORGANIC INGREDIENTS	COLD MENU	SALAD PLATTER
MON 02/09/24	Strips of chicken breast fillet ⁽¹⁴⁾ in poultry cream sauce, carrots and peas, with rice, fruit 🐔 Ia, VII, X	Noodles with tomato parmesan sauce, fruit 🌿 Ia, VII	Potato soup with carrots, leeks, celery, and bread, fruit 🌿 Ia, Ib, VII, IX, X	Pork goulash , plus green beans and potatoes 🌿 Ia, VII, X	Pasta salad with corn, peppers, French dressing and a chicken boulette, fruit 🐔 Ia, III, VII	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, fruit 🐔 Ia, III, VII, IX, X
TUE 03/09/24	Colorful vegetable pot with savory cabbage, celery, beans, carrots, peas and potato cubes, with whole grain rye bread, tomato-cucumber-salad 🌿 Ia, Ib, VII	Fork spaghetti with cheese ⁽²⁾ herb sauce, tomato-cucumber-salad 🌿 Ia, VII	Chicken nuggets with tomato sauce and mashed potatoes, tomato-cucumber-salad 🐔 Ia, III, VII	Semolina porridge with sugar and cinnamon, fruit 🌿 VII	Pasta salad with corn, peppers, French dressing and a chicken boulette, pastries 🐔 Ia, III, VII	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, pastries 🐔 Ia, III, VII, IX, X
WED 04/09/24	Carrot soup with ginger, bread, white cabbage and mandarin raw food 🌿 Ia, Ib, VII	Penne with tomato sauce and grated cheese, white cabbage and mandarin raw food 🌿 Ia, VII	Turkey schnitzel with peas in hollandaise sauce style and herb potatoes, white cabbage and mandarin raw food 🐔 Ia, III, VII	Soy slices with tomatoes, peppers and mushrooms, with rice, cucumber salad 🌿 Ia, VI	Pasta salad with corn, peppers, French dressing and a chicken boulette, fruit yoghurt 🐔 Ia, III, VII	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, fruit yoghurt 🐔 Ia, III, VII, IX, X
THURS 05/09/24	Salmon cubes in honey dill sauce with colorful carrots and herb whole grain rice, fruit yoghurt 🐟 Ia, IV, VII	Penne with green pesto, fruit yoghurt 🌿 Ia, VII, VIII	Vegetable fritter with carrot and kohlrabi cream and potatoes, fruit yoghurt 🌿 Ia, III, VII	🌿 Paprikas Chicken goulash with peppers and sour cream, served with potatoes 🐔 Ia, VII	Pasta salad with corn, peppers, French dressing and a chicken boulette, fruit yoghurt 🐔 Ia, III, VII	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, fruit yoghurt 🐔 Ia, III, VII, IX, X
FRI 06/09/24	Pearl barley stew with potato cubes, c arrots, celery and leek, whole grain rye bread, fruit 🌿 Ia, Ib, Ic	Spirelli with tomato feta sauce, fruit 🌿 Ia, VII	Rice pudding with sugar and cinnamon, fruit 🌿 VII	Colorful rice pan with carrots, broccoli, cauliflower and herbs, with tomato sauce 🌿 Ia, VII	Pasta salad with corn, peppers, French dressing and a chicken boulette, piece of fruit 🐔 Ia, III, VII	Salad plate garden mix: leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, piece of fruit 🐔 Ia, III, VII, IX, X
MON 09/09/24	Carrot stew with potato cubes, plus whole grain bread, fruit 🌿 Ia, Ib, Ic, Id, VII, IX	Soy Bolognese with spirelli, fruit 🌿 Ia, VI, IX	Currywurst goulash ^(1, 3, 5) in curry sauce and mashed potatoes, fruit 🌿 Ia, VII, IX, X	Vegetable pan (carrots, corn and broccoli) with whole grain rice, with cheese sauce, apple 🌿 Ia, VII	Colorful rice salad with peppers, corn, peas, a chicken meatball, fruit 🐔 Ia, III, VII	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, plus fruit 🌿 Ia, VII
TUE 10/09/24	Lentil stew with potato cubes and vegetables, plus whole grain bread, cucumber salad with yogurt dressing 🌿 Ia, Ib, Ic, IX	Fork spaghetti with pork goulash, cucumber salad with yogurt dressing 🌿 Ia, X	Sweet and sour potato stew with carrot and potato cubes, pickled cucumber and poultry sausage ^(1, 3, 5) , cucumber salad with yogurt dressing 🐔 Ia, VII	Rice pudding with hot cherries, fruit 🌿 VII	Colorful rice salad with peppers, corn, peas, a chicken meatball, pastries 🐔 Ia, III, VII	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, plus pastries 🌿 Ia, VII
WED 11/09/24	Vegetable pan (carrots, cauliflower, peas) and soy in herb sauce, with potatoes, raw carrot food 🌿 Ia, VI, VII	Noodles with poultry sausage goulash, raw carrot food 🐔 Ia, IX, X	🌿 Töltött stuffed peppers with gravy, served with potatoes, cherry yogurt 🌿 Ia, III, VII, X	Mixed vegetables in herb sauce with risi-bisi (rice with peas), fruit 🌿 Ia, VII	Colorful rice salad with peppers, corn, peas, a chicken meatball, red fruit jelly 🐔 Ia, III, VII	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, red fruit jelly 🌿 VII
THURS 12/09/24	Pollock cubes in mustard sauce with peas, with rice, cherry yogurt 🐟 Ia, IV, VII	Tortellini with spinach and ricotta filling, with tomato and herb sauce, cherry yogurt 🌿 Ia, VII	Eggs in mustard sauce , plus potatoes, cherry yogurt 🌿 Ia, VII	Noodlestew with carrots, peas, celery and leek, plus bread, cucumber salad 🌿 Ia, IX	Colorful rice salad with peppers, corn, peas, a chicken meatball, mousse au Chocolat 🐔 Ia, III, VII	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, mousse au Chocolat 🌿 VII
FRI 13/09/24	Vegetable curry (carrot, cauliflower, chickpeas) with brown rice, raw carrot food 🌿 Ia, VII	Spirelli with cheese cream sauce, piece of fruit 🌿 Ia, VII	Bratwurst ^(1, 3, 5) with cream sauerkraut and mashed potatoes, fruit 🌿 Ia, VII	Pork goulash with mushrooms, plus potatoes, cucumber salad 🌿 Ia, X	Colorful rice salad with peppers, corn, peas, a chicken meatball, fruit 🐔 Ia, III, VII	Gardener style salad platter: mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, fruit 🌿 VII
MON 16/09/24	Green bean stew with potato and carrot cubes, with whole grain rye bread, fruit 🌿 Ia, VII, IX	Fork spaghetti with ham ^(1, 3, 5) cream sauce, fruit 🌿 Ia, VII, IX	Sliced pork with mushrooms, served with herb potatoes, pieces of fruit 🌿 Ia, IX	Chili sin carne with lentils, kidney beans and corn, with rice, apple 🌿 Ia, VI, VII	Potato salad with bell pepper, cucumber and yogurt dressing, piece of fruit 🌿 III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, piece of fruit 🐔 Ia, III, VII
TUE 17/09/24	Pork goulash with carrots and peas, with potato and celery puree, carrot and white cabbage salad 🌿 Ia, VII	Penne with ratatouille (braised vegetables) and chicken strips ⁽¹⁴⁾ carrot and white cabbage salad 🐔 Ia	Kaiserschmarrn without raisins with vanilla sauce, carrot and white cabbage salad 🌿 Ia, III, VII	Rice stew with colorful vegetables, served with bread 🌿 Ia, Ib, IX	Potato salad with peppers, cucumber and yogurt dressing, pastries 🌿 Ia, III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, pastries 🐔 Ia, III, VII
WED 18/09/24	Vegetable stew with savory cabbage, carrots and celery, plus whole grain bread, cucumber and radish salad 🌿 Ia, Ib, Ic, VII	Farfalle with chive cheese sauce ⁽²⁾ , cucumber and radish salad 🌿 Ia, VII, IX	Natural chicken breast fillet ⁽¹⁴⁾ with peas and carrot cream, with mashed potatoes, cucumber and radish salad 🐔 Ia, VII, IX, X	🌿 Gulyás goulash soup with beef, potato cubes and peppers, plus bread rolls, 🐔 Ia, IX	Potato salad with peppers, cucumber and yogurt dressing, blueberry curd 🌿 Ia, III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, blueberry curd 🐔 Ia, III, VII
THURS 19/09/24	Egg ragout with carrots, peas and cauliflower, with parsley potatoes, fruit curd 🌿 Ia, VII	Spirelli with tomato sauce and grated cheese, fruit curd 🌿 Ia, VII	Grilled sausage with letscho (pepper-tomato sauce) and mashed potatoes, fruit curd 🌿 I, 3, 5, Ia, VII, IX, X	Chicken fricassee plus rice, fruit 🐔 Ia, VII	Potato salad with peppers, cucumber and yogurt dressing, fruit curd 🌿 III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, fruit curd 🐔 Ia, III, VII
FRI 20/09/24	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	Pumpkin cream soup with ginger and honey, bread, piece of fruit 🌿 Ia, Ib, VII	Semolina porridge with sugar and cinnamon, apple 🌿 Ia, VII	Potato salad with peppers, cucumber and yogurt dressing, piece of fruit 🌿 III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, piece of fruit 🐔 Ia, III, VII
MON 23/09/24	Vegetable pan with carrots, beans, cauliflower, soy and chives, with cheese sauce and potatoes, fruit 🌿 2, Ia, VI, VII	Fork spaghetti with chicken goulash, fruit 🐔 Ia, X	Currywurst goulash in curry sauce and mashed potatoes, fruit 🌿 5, Ia, VII, IX, X	Chili sin carne with kidney beans and corn, plus rice 🌿 Ia, VI	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, fruit 🐔 Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, fruit 🌿 Ia, VII
TUE 24/09/24	Potatoes with herb quark and butter, cucumber salad 🌿 VII	Spirelli with poultry Bolognese, cucumber salad 🐔 Ia, IX	Poultry meatball with cream sauce, peas and herb potatoes, cucumber salad 🐔 Ia, III, VII, X	Colorful vegetables in herb sauce with Risi-Bisi (rice with peas), fruit 🌿 Ia, VII	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, pastries 🐔 Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, plus pastries 🌿 Ia, VII
WED 25/09/24	Rice pudding with sugar and cinnamon, cucumber and corn salad 🌿 VII	Fork spaghetti with four cheese sauce ⁽²⁾ , cucumber and corn salad 🌿 Ia, VII	Fried fish with tomato sauce and mashed potatoes, cucumber and corn salad 🐟 Ia, VII	Tomato soup with rice and herbs, fruit 🌿 Ia	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, "froop" (yogurt) 🐔 Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, "froop" (yogurt) 🌿 VII
THURS 26/09/24	Salmon cubes in mustard-dill sauce with peas, with rice, mango yogurt 🐟 Ia, IV, VII	Spirelli with tomato mozzarella, mango yogurt 🌿 Ia, VII	🌿 Töltöttká poszta cabbage wraps with braised cabbage sauce and potatoes, mango yogurt 🌿 Ia, III, IX	Pasta stew with carrots, peas, celery and leek, plus bread 🌿 Ia*	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, jell-o 🐔 Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, jell-o 🌿 VII
FRI 27/09/24	Vegetable curry (carrot, cauliflower, peas) with brown rice and feta, piece of fruit 🌿 Ia, VII, IX	Noodles with zucchini salmon sauce, piece of fruit 🐟 Ia, IV, VII	Scrambled eggs with creamed spinach and potatoes, piece of fruit 🌿 Ia, VII	Chicken fricassee with carrots and peas, with herb rice 🐔 Ia, VII	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, piece of fruit 🐔 Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, piece of fruit 🌿 VII
MON 30/09/24	Salmon cubes in lemon cream cheese sauce with peas, cauliflower and rice, fruit 🐟 Ia, IV, VII	Colorful chicken ragout with vegetables and herbs, with noodles, fruit 🐔 Ia, VII	Vegetarian potato soup with diced vegetables, wholemeal rye bread, fruit 🌿 Ia, Ib, VII, IX, X	Rice pudding with hot cherries, banana 🌿 VII	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener ^(1, 3, 5) , fruit 🐔 III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit 🌿 VII

