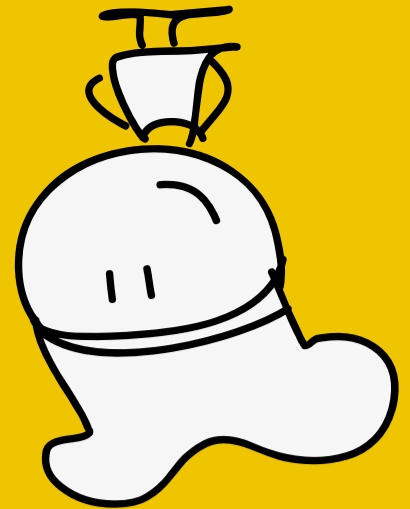
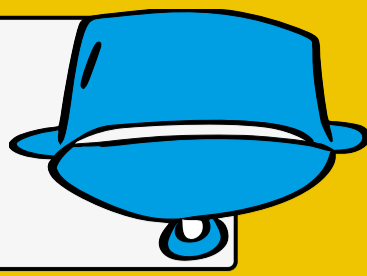


OCTOBER 2024 MENU



Our recommendations:
Dishes with pumpkin -
 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

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



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 OCTOBER 2024

full name

institution

















































































Class

	KW 40				41					42					43				44					
	Tue	W	Th	F	M	Tue	W	Th	F	M	Tue	W	Th	F	M	Tue	W	Th	F	M	Tue	W	Th	
	01	02	03	04	07	08	09	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31	
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
TUE 01/10/24 <small>Holidays SA</small>	Wholemeal pasta Bolognese with lentils, carrots and tomatoes, white cabbage and mandarin raw food  Ia, IX	Colorful noodles with four cheese sauce ⁽²⁾ , white cabbage and mandarin raw food  Ia, VII	Creamy chicken slices with Risi-Bisi (rice with peas), white cabbage and mandarin raw food  Ia, VII	Eggs in mustard sauce with herb potatoes, fruit  Ia, VII	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener ^(1, 3, 5) , pastries  Ia, III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, pastries  VII
WED 02/10/24 <small>Holidays SA</small>	White cabbage stew with potato pieces, carrots and leek, with wholemeal bread, cucumber salad  Ia, Ib, Ic, Id, VII, IX	Spirelli with colorful vegetables in a creamy herb sauce, cucumber salad  Ia, VII	Pancakes with applesauce ⁽³⁾  Ia, III, VII	Pork goulash , with red cabbage and potatoes, Apple <S, Ia, X>	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener ^(1, 3, 5) , fruit yogurt  Ia, III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit yogurt  VII
THURS 03/10/24 <small>Holiday</small>	Tag der Deutschen Einheit					
FRI 04/10/24 <small>Holidays SA school-free SN</small>	Bulgur pan 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	Creamy pumpkin and sweet potato soup , plus bread  Ia, Ib, VII, IX			
MON 07/10/24 <small>Holidays SA Holidays SN</small>	Chili sin carne with kidney beans and corn, plus whole grain rice, fruit  Ia, VI	Penne with spinach and ricotta sauce, fruit  Ia, VII	Chicken goulash with peppers and potato-pumpkin puree, fruit  Ia, VII			
TUE 08/10/24 <small>Holidays SA Holidays SN</small>	Scrambled eggs with chives, served with boiled potatoes and 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 09/10/24 <small>Holidays SA Holidays SN</small>	Gnocchi with spinach cream cheese sauce, tomato salad  Ia, III, VII	Spirelli with Jägerschnitzel ^(1, 3, 5) and tomato sauce, tomato salad  Ia, III, VII	Potato soup with root vegetables (celery, carrot, leek) and poultry hunting sausage cubes ^(1, 3, 5) , with bread, tomato salad  Ia, Ib, VII, IX			
THURS 10/10/24 <small>Holidays SA Holidays SN</small>	Cooking dumplings in herb sauce, with colorful carrots and potatoes, berry curd  Ia, III, VII	Pasta bolognese with lentils, berry curd  Ia, VII, IX	Rice pan with vegetables and mushrooms, with herb sauce, berry curd  Ia, VII			
FRI 11/10/24 <small>Holidays SA Holidays SN</small>	Marinated herring ^(3, 9) in yogurt sauce, with herb 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 14/10/24 <small>Holidays SN</small>	Vegetable cream soup with carrots, celery, leek and potato cubes, with wholemeal bread, fruit  Ia, VII, IX	Noodles with green pesto sauce (basil, rocket, parmesan), fruit  Ia, VII, VIII	Chicken breast strips in cream sauce, with Brussels sprouts and potato carrot puree, fruit  Ia, VII, X			
TUE 15/10/24 <small>Holidays SN</small>	Asian pan (peppers, soy, green beans and carrot strips) with sweet and sour sauce with rice, white cabbage and carrot raw food  Ia, VI, VII, IX	Shell pasta stew with soup vegetables, smoked meat ^(1, 3, 4) and bread, white cabbage and carrot raw food  Ia, Ib, VII, IX	Rice pudding with sugar and cinnamon, white cabbage and carrot raw food  VII			
WED 16/10/24 <small>Holidays SN</small>	Pollock cubes in mustard dill sauce, with whole grain vegetable rice with peas and carrots, cucumber and tomato salad  Ia, IV, VII	Tortellini with beef filling, with tomato herb sauce, cucumber and tomato salad  Ia, VII	Arugula sweet potato tart with creamed carrots and herb potatoes  Ia, Ic, VII			
THURS 17/10/24 <small>Holidays SN</small>	Semolina porridge with sugar and cinnamon, cherry yogurt  Ia, VII	Strozzapreti with sausage goulash ^(1, 3, 5) , cherry yogurt  Ia, IX	Pearl barley stew with vegetables (celery, carrot, leek), with wholemeal bread, cherry yogurt  Ia, Ib, Ic, IX			
FRI 18/10/24 <small>Holidays SN</small>	Soy and vegetable cubes in tomato cream cheese sauce, with herb rice, fruit  Ia, VI, VII, IX	Spirelli with turkey goulash, zucchini and tomatoes, fruit  Ia	Pizza with beef salami, fruit  Ia, VII			
MON 21/10/24	Mexican-style vegetable stew (tomatoes, peppers, kidney beans) with whole grain rice, fruit  Ia, IX	Currywurst goulash ^(1, 3, 5) with butterfly noodles, fruit  Ia, VII, IX, X	Vanilla pudding soup with milk buns, fruit  Ia, VII	Fish cubes in mustard dill sauce, with peas and potatoes, fruit  Ia, IV, VII	Spaghetti salad with red pesto, feta cheese and rocket, fruit  Ia, VII, VIII	Gardener-style salad platter mixed lettuce, cucumber, tomatoes and corn with herb dressing, fruit  VII
TUE 22/10/24	Scrambled eggs with herbs, boiled potatoes and spinach, cucumber salad with yogurt dill dressing  Ia, VII	Colorful noodles with herb cheese sauce, cucumber salad  Ia, VII	Pea soup with slices of Viennese sausage ^(1, 3, 5) , with bread, cucumber salad  Ia, Ib, VII, IX	Pork goulash with gravy, carrot and kohlrabi vegetables and potatoes  Ia, III, VII	Spaghetti salad with red pesto, feta cheese and rocket, pastries  Ia, VII, VIII	Gardener-style salad platter mixed lettuce, cucumber, tomatoes and corn with herb dressing, pastries  VII
WED 23/10/24	Colorful egg fricassee (peas, cauliflower, carrots) with parsley potatoes, white cabbage and carrot raw food  Ia, III, VII	Tortellini filled with spinach and ricotta, with tomato sauce, white cabbage and carrot raw food  Ia, VII	Chicken slices with pumpkin in cream sauce, with Risi-Bisi (rice with peas), white cabbage and carrot raw food  Ia, VII	Long grain rice with diced vegetables, with tomato cream sauce, plus pieces of fruit  Ia, VII	Spaghetti salad with red pesto, feta cheese and rocket, Froop mango  Ia, VII, VIII	Gardener-style salad platter mixed lettuce, cucumber, tomatoes and corn with herb dressing, Froop mango  VII
THURS 24/10/24	Beef goulash with peppers, served with parsley potatoes, mango curd  Ia	Noodles with sausage goulash ^(1, 3, 5) , mango curd  Ia, IX, X	Creamy tomato soup with rice noodles and parsley, mango curd  Ia, VII	Chicken ragout with colorful vegetables and potatoes, fruit  Ia, VII, IX	Spaghetti salad with red pesto, feta cheese and rocket, mango curd  Ia, VII, VIII	Gardener-style salad platter mixed lettuce, cucumber, tomatoes and corn with herb dressing, Mango curd  VII
FRI 25/10/24	Salmon in curry mustard sauce with colored rice (rice with corn and carrots), fruit  Ia, IV, VII, X	Pasta stew with carrots, peas, celery and leek, with whole grain rye bread, fruit  Ia, Ib, Ic	Marbled yeast dumplings with vanilla sauce, fruit  Ia, VI, VII, VIII	Turkey goulash with peppers, served with rice, banana  Ia	Spaghetti salad with red pesto, feta cheese and rocket, fruit  Ia, VII, VIII	Gardener-style salad platter mixed lettuce, cucumber, tomatoes and corn with herb dressing, fruit  VII
MON 28/10/24	Sweet potato stew with whole grain bread, fruit  Ia, Ib, VII	Colorful pasta with four cheese sauce ⁽²⁾ , fruit  Ia, VI, VII	„Schnipfelwurst goulash“ Slices of Vienna sausages ^(1, 3, 5) with peppers in tomato sauce, with mashed potatoes, fruit  Ia, VII	Rice pudding with hot cherries, banana  VII	Couscous salad with corn, feta and chicken strips ⁽¹⁴⁾ , fruit  Ia, VII	Mixed salad platter with tomato, cheese strips and egg, with yogurt dressing, fruit  Ia, III, VII
TUE 29/10/24	Vegetable curry (carrots, leeks, bamboo shoots, mushrooms) with rice, white cabbage and carrot raw food Ia, VI, VII, IX	Fork spaghetti Bolognese with pork, white cabbage and carrot raw food Ia, IX	Fish fingers with tomato sauce and mashed potatoes, white cabbage and carrot raw food Ia, VI, VII	Egg ragout with mustard sauce with herb potatoes, fruit Ia, VII	Couscous salad with corn, feta and chicken strips ⁽¹⁴⁾ , pastries Ia, VII	Mixed salad platter with tomato, cheese strips and egg, with yogurt dressing, pastries Ia, III, VII
WED 30/10/24	Pollock cubes in honey dill sauce, with peas and potatoes, raw carrot food Ia, IV, VII	Noodles with ham cubes ^(1, 3, 5) in cream sauce, raw carrot food Ia, VII	Quark potato fritters with applesauce ⁽³⁾ , raw carrot food Ia, III, VII	Creamy pumpkin and sweet potato soup , plus bread Ia, Ib, VII, IX	Couscous salad with corn, feta and chicken strips ⁽¹⁴⁾ , chocolate pudding Ia, VII	Mixed salad platter with tomato, yogurt dressing, hocolate pudding Ia, III, VII
THURS 31/10/24 <small>Holiday</small>	Reformationstag					