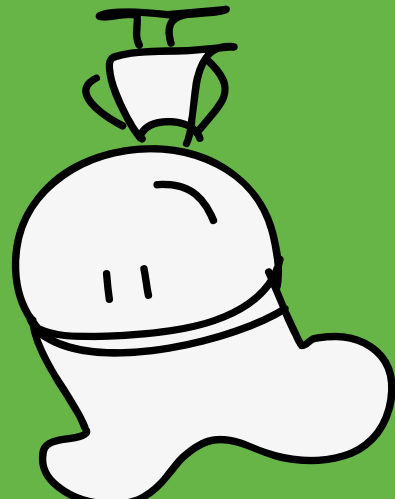
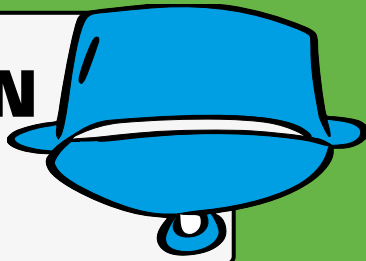


# NOVEMBER 2024 MENU



Our recommendations:  
Dishes from Eastern Europe –  
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

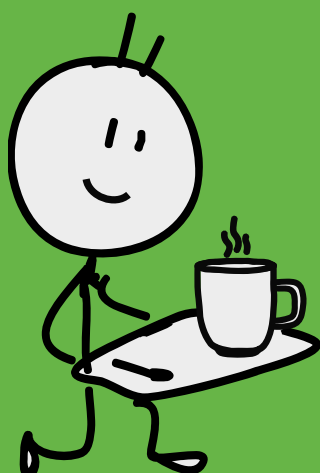
Gutenbergstraße 11, 04178 Leipzig  
Südring 501, 09125 Chemnitz

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 beef    |
|  | contains pig                          |  | contains venison |
|  | contains fish<br>practically boneless |  | contains lamb    |



# GFB: GENUINE FOOD BLISS.

www.gfb-catering.com

Service hotline: 0341. 44 82 110

customer number

full name

institution

Class

ORDER FORM FOR NOVEMBER 2024

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DGE-Menü

pasta menu

kids menu































































































































organic menu

cold menu

salad platter

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 01/11/24	Colorful vegetable pan with potatoes, beans, tomatoes, eggplant and peppers, with bread, fruit  Ia, Ib, IX	Spaghetti with lemon basil sauce, fruit  Ia, VII	Vanilla pudding soup with milk buns, fruit  Ia, III, VII	Whole wheat pasta with mushroom sauce with 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 plate with tomato, cheese strips and egg, with yogurt dressing, fruit  Ia, III, VII
MON 04/11/24	Strips of chicken breast fillet <sup>(14)</sup> 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 chicken boulette, fruit  Ia, III, VII	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit  Ia, III, VII, IX, X
TUE 05/11/24	Colorful vegetable stew with savoy cabbage, celery, beans, carrots, peas and potato cubes, with whole grain rye bread, tomato and cucumber salad  Ia, Ib, VII	Fork spaghetti with cheese <sup>(2)</sup> herb sauce, tomato and cucumber salad  Ia, VII	Chicken nuggets with tomato sauce and mashed potatoes, tomato and cucumber salad  Ia, III, VII	Semolina porridge with sugar and cinnamon, fruit  VII	Pasta salad with corn, peppers, french dressing and chicken boulette, pastries  Ia, III, VII	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, pastries  Ia, III, VII, IX, X
WED 06/11/24	Carrot and ginger soup with 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 sauce hol- landaise 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 chicken boulette, fruit yogurt  Ia, III, VII	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit yogurt  Ia, III, VII, IX, X
THURS 07/11/24	Salmon cubes in honey dill sauce with colorful carrots and herb whole grain rice, fruit yogurt  Ia, IV, VII	Penne with green pesto, fruit yogurt  Ia, VII, VIII	Vegetable meatball with carrot and kohlrabi cream, potatoes, fruit yogurt  Ia, III, VII	 Szeged goulash (pork goulash with sau- erkraut), plus potatoes, fruit  Ia, X	Pasta salad with corn, peppers, french dressing and chicken boulette, fruit yogurt  Ia, III, VII	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit yogurt  Ia, III, VII, IX, X
FRI 08/11/24	Barley stew with potato cubes, carrots, celery and leek, wholemeal rye bread, fruit  Ia, Ib, Ic	Spirelli with tomato-feta sauce, fruit  Ia, VII	Rice pudding with cinnamon and sugar, fruit  VII	Colorful rice pan 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	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, piece of fruit  Ia, III, VII, IX, X
MON 11/11/24	Carrot stew with diced potatoes, plus whole grain bread, fruit  Ia, Ib, Ic, Id, VII, IX	Spirelli bolognese with soy, fruit  Ia, VI, IX	Currywurst goulash <sup>(1,3,5)</sup> in curry sauce and mashed potatoes, fruit  Ia, VII, IX, X	Vegetable pan (carrots, corn and broc- coli) 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, fruit  Ia, VII
TUE 12/11/24	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 chunk stew with carrot cubes, pickled cucumber and poultry hunting sausage <sup>(1,3,5)</sup> 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, pastries  Ia, VII
WED 13/11/24	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	 Karbanátek pork meatball with mus- tard sauce, vegetables and potatoes, raw carrot food  Ia, III, VII, IX	Colorful 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 14/11/24	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	Pasta stew with carrots, peas, celery and leek, plus bread, cucumber salad  Ia, IX	Colorful rice salad with peppers, corn, peas, a chicken meatball, chocolate mousse  Ia, III, VII	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, chocolate mousse  VII
FRI 15/11/24	Vegetable curry (carrot, cauliflower, chickpeas) with brown rice, piece of fruit  Ia, VII	Spirelli with cheese cream sauce, piece of fruit  Ia, VII	Bratwurst <sup>(1,3,5)</sup> with cream sauerkraut and mashed potatoes, piece of fruit  Ia, VII	Pork goulash with mushrooms, with 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 18/11/24	Green bean stew with potato and carrot cubes, with whole grain rye bread, fruit  Ia, VII, IX	Fork spaghetti with ham <sup>(1,3,5)</sup> cream sauce, fruit  Ia, VII, IX	Sliced pork with mushrooms, served with herb potatoes, fruit  Ia, IX	Chili sin carne with lentils, kidney beans and corn, with rice, apple  Ia, VI, VII	Potato salad with bell pepper, cucum- ber 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 19/11/24	Pork goulash with carrots and peas, with potato and celery puree, carrot and white cabbage salad  Ia, VII	Penne with ratatouille (stewed vegetables) and chicken strips <sup>(14)</sup> , carrot and white cabbage salad  Ia	Kaiserschmarrn shredded, fluffy pancake 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 bell pepper, cucum- ber and yogurt dressing, pastries  Ia, III, VII	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel,pastries  Ia, III, VII
WED 20/11/24 <small>Holiday SN</small>	Vegetable stew with savoy cabbage, carrots and celery, plus whole grain bread, cucumber and radish salad  Ia, Ib, Ic, VII	Farfalle with chive cheese sauce <sup>(2)</sup> , cucumber and radish salad  Ia, VII, IX	Buß- und Betttag			
THURS 21/11/24	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	 Smažený sýr cauliflower cheese star with herb cream sauce, served with potatoes, fruit curd  Ia, III, VII, IX	Chicken fricassee, plus rice, fruit  Ia, VII	Potato salad with bell pepper, cucum- ber 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 22/11/24	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 bell pepper, cucum- ber 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 25/11/24	Vegetable pan with carrots, beans, cau- liflower, 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, tangerine and curry, with baguette rolls, fruit  Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, fruit  Ia, VII
TUE 26/11/24	Potatoes with herb quark and butter, cucumber salad  VII	Spirelli bolognese with poultry, 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, tangerine and curry, with baguette rolls, pastries  Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, plus pastries  Ia, VII
WED 27/11/24	Rice pudding with sugar and cinnamon, cucumber and corn salad  VII	Fork spaghetti with four cheese sauce <sup>(2)</sup> , cucumber and corn salad  Ia, VII	Baked 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, tangerine and curry, with baguette rolls, “froop” (yogurt)  Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, “froop” (yogurt)  VII
THURS 28/11/24	Vegetable curry (carrot, cauliflower, peas) with brown rice and feta, mango yogurt  Ia, VII, IX	Noodles with zucchini salmon sauce, mango yogurt  Ia, IV, VII	Pork meatball with kohlrabi cream and potatoes, mango yogurt  Ia, III, VII	Pasta stew with carrots, peas, celery and leek, bread  Ia, IX	Exotic chicken salad with pineapple, tangerine and curry, with baguette rolls, jell-o  Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, jell-o  VII
FRI 29/11/24	Salmon cubes in mustard-dill sauce with peas, with rice, piece of fruit  Ia, IV, VII	Spirelli with cheese sauce <sup>(2)</sup> , piece of fruit  Ia, VII	Scrambled eggs with creamed spinach and potatoes, piece of fruit  Ia, VII	 Zelňačka sauerkraut soup with pork, onions and potatoes, bread  Ia, VII, IX	Exotic chicken salad with pineapple, tangerine 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

No liability is accepted for typographical errors. Subject to change.