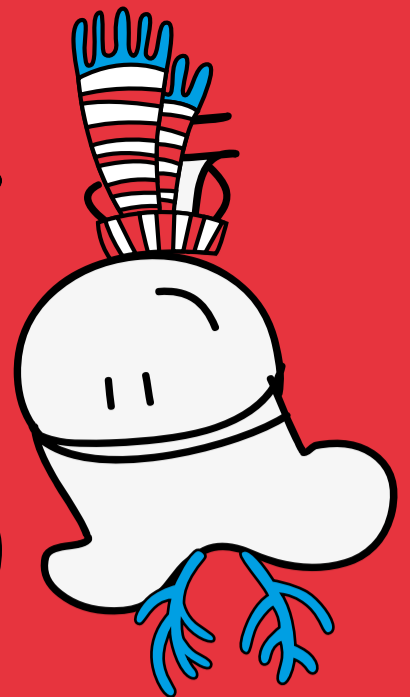
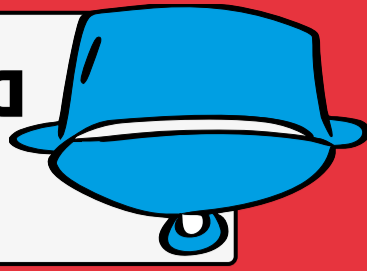


DECEMBER 2024 MENU



Our recommendations:
Dishes for holidays – 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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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 DECEMBER 2024

full name

institution

Class

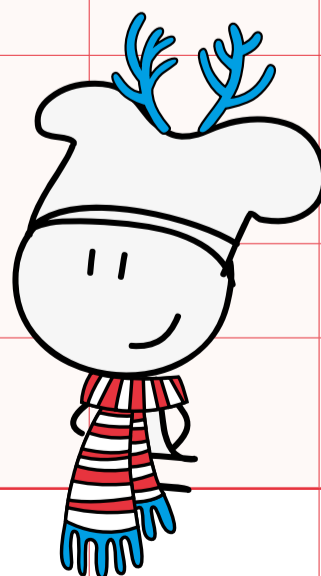
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DGE-Menu																						
pasta menu																						
kids menu																						
organic menu																						
cold menu																						
salad platter																						

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 02/12/24	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
TUE 03/12/24	Whole wheat 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	Chicken cream slices with risi-bisi (rice with peas), white cabbage and mandarin raw food Ia, VII	Eggs in mustard sauce with herb potatoes, clementine 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 04/12/24	White cabbage stew with potato pieces, carrots and leeks, with wholemeal bread, cucumber salad Ia, Ib, Ic, Id, VII, IX	Spirelli with poultry bolognese, cucumber salad Ia, IX	Pancakes with applesauce (3) Ia, III, VII	Pork goulash with red cabbage and potatoes, apple Ia, X	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1,3,5), fruit yogurt III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, fruit yogurt VII
THURS 05/12/24	Vegetarian chickpea curry with carrots, cauliflower and peas, with herb potatoes, woodruff quark Ia, VII, X	Penne with tomato mozzarella sauce, woodruff quark Ia, VII	Turkey schnitzel with creamed cauliflower and potatoes, woodruff quark Ia, III, VII, X	Colorful rice pan with carrots, peas, cauliflower and herbs, with tomato sauce, cucumber and tomato salad Ia	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1,3,5), woodruff quark Ia, III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, woodruff quark VII
FRI 06/12/24	Bulgur pan with vegetables (carrots, peas, tomatoes) and chicken breast strips, with cheese sauce (2), santa claus surprise Ia, VII	Farfalle with salmon and tomatoes in cream sauce, santa claus surprise → Ia, IV, VII	Yeast dumplings with vanilla sauce, santa claus surprise Ia, III, VII	Pea stew with carrot, celery and potato cubes, plus bread, santa claus surprise Ia, Ib, VII, IX	Homemade pasta salad with corn, pineapple, yogurt dressing and a poultry wiener (1,3,5), santa claus surprise Ia, III, VII	Farmer's salad with shepherd's cheese, cucumbers, tomatoes, olives and red onions, santa claus surprise VII
MON 09/12/24	Chili sin carne with kidney beans and corn, plus whole grain rice, fruit Ia, VI	Penne with poultry bolognese, fruit Ia, VII	Chicken breast strips in cream sauce, with brussels sprouts and potatoes, fruit Ia, VII, X	Pollock ragout with carrots and mashed potatoes, clementine → Ia, IV, VII	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, fruit Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham (1,3,5) and egg, cocktail sauce, fruit III, VII
TUE 10/12/24	Scrambled eggs with chives, with boiled potatoes and cucumber salad Ia	Strozzapreti with sausage goulash (1,3,5), cucumber salad Ia, IX, X	Turkey strips with mushrooms and rice, cucumber salad Ia	Rice stew with colorful vegetables (carrots, celery, leeks), with bread, fruit yogurt Ia, Ib, VII, IX	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, pastries Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham (1,3,5) and egg, cocktail sauce, pastries Ia, III, VII
WED 11/12/24	Whole wheat pasta with spinach cream cheese sauce, tomato salad Ia, VII	Spirelli with jägerschnitzel (1,3,5) and tomato sauce, tomato salad Ia, III, VII, IX, X	Potato soup with root vegetables (celery, carrot, leek) and poultry hunting sausage cubes (1,3,5), with bread, tomato salad Ia, Ib, VII, IX	Semolina porridge with hot cherries, apple Ia, VII	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, vanilla curd dish Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham (1,3,5) and egg, cocktail sauce, vanilla curd dish III, VII
THURS 12/12/24	Boiled dumplings in herb sauce, with colorful carrots and potatoes, chocolate pudding Ia, III, VII	Pasta with lentil bolognese, chocolate pudding Ia, VII, IX	Rice pan with vegetables and mushrooms, with herb sauce, chocolate pudding Ia, VII	Sweet potato curry with coconut milk and rice, cucumber salad Ia, VII, X	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, chocolate pudding Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham (1,3,5) and egg, cocktail sauce, chocolate pudding III, VII
FRI 13/12/24	Marinated herring (3,9) in yogurt sauce, with herb potatoes, fruit → Ia, III, IV, VII	Farfalle with colorful vegetables and salmon cubes in herb sauce, fruit → Ia, IV, VII	Marbled yeast dumplings with vanilla sauce, fruit Ia, VI, VII, VIII	Sweet and sour lentil stew with whole grain bread Ia, Ib, IX	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, fruit Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham (1,3,5) and egg, cocktail sauce, fruit III, VII
MON 16/12/24	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	Turkey goulash with peppers, with rice, fruit Ia	Carrot stew with potato pieces, plus bread Ia, VII, IX	Colorful rice salad with corn, peas and a chicken meatball, fruit Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, plus fruit Ia, VII
TUE 17/12/24	Asian stir-fry (peppers, soy, green beans and carrot strips) with sweet and sour sauce with rice, white cabbage and carrot raw food Ia, VI, IX	Clam noodle stew with soup vegetables, smoked meat (1,3,4) and bread, white cabbage and carrot raw food Ia, Ib, IX	Rice pudding with sugar and cinnamon, white cabbage and carrot raw food VII	Beef goulash with beans and herb potatoes, tangerine Ia	Colorful rice salad with corn, peas and a chicken meatball, pastries Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, plus pastries Ia, VII
WED 18/12/24	Pollock cubes in mustard-dill sauce, with whole grain vegetable rice with peas and carrots, cucumber and tomato salad → Ia, IV, VII	Tortellini with spinach and ricotta filling, with tomato and herb sauce, cucumber and tomato salad Ia, VII	Bratwurst (1,3,5) with mashed potatoes and cream sauerkraut, cucumber and tomato salad Ia, VII, IX, X	Tomato soup with bread, fruit Ia, Ib	Colorful rice salad with corn, peas and a chicken meatball, chocolate pudding Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, chocolate pudding Ia, VII
THURS 19/12/24	Christmas pumpkin cream soup with cinnamon, cloves and ginger as well as sweet potato pieces, plus whole grain bread, cherry yogurt Ia, Ib, VII, IX	Fork spaghetti with poultry bolognese, cherry yogurt Ia, VII, IX	Barley stew with vegetables (celery, carrot, leek), with wholemeal bread, cherry yogurt Ia, Ib, Ic, VII, IX	Chicken fricassee with carrots and peas, with rice, tomato salad Ia, VII	Colorful rice salad with corn, peas and a chicken meatball, cherry yogurt Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, cherry yogurt Ia, VII
FRI 20/12/24	Potatoes with spinach and scrambled eggs, fruit Ia, VII	Spirelli with turkey goulash and tomatoes, fruit Ia	Chicken leg with red cabbage, gravy and potatoes, fruit Ia, VII	Colorful vegetable curry with turmeric, pineapple and coconut milk, with rice Ia, VII	Colorful rice salad with corn, peas and a chicken meatball, fruit Ia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, plus fruit Ia, VII
MON 23/12/24 Holidays SA / SN	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				
TUE 24/12/24 Holidays SA / SN						
WED 25/12/24 Holidays SA / SN						
THURS 26/12/24 Holidays SA / SN						
FRI 27/12/24 Holidays SA / SN	Salmon in mustard-dill sauce with colored rice (rice with corn and carrots), fruit → Ia, IV, VII	Pasta stew with carrots, peas, celery and leek, with whole grain rye bread, fruit Ia, Ib, Ic				
MON 30/12/24 Holidays SA / SN	Sweet potato stew with whole wheat bread, fruit Ia, Ib, VII	Colorful pasta with four cheese sauce (2), fruit Ia, VII				
TUE 31/12/24 Holidays SA / SN						



Merry Christmas and a happy new year!