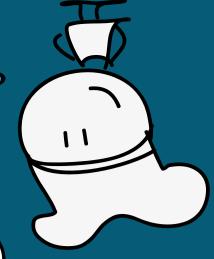
# **SSOS YAAUNA**( **SPEISEPLAN**







little chef on the menu! look out for the - sədsib nairteu Our recommendations:

#### 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 crosscontamination 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 rye
- lc barley
- Id oats
- le spelt lf kamut
- Ш crustaceans and products thereof
- Ш eggs and products thereof
- IV fish and products thereof

- peanuts and products thereof
- VI soya beans and products thereof
- VIImilk and products thereof (includes lactose)
- VIIInuts 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
- ΙX celery and products thereof
- mustard and products thereof Χ
- ΧI sesame seeds and products thereof XII sulphur dioxide and sulphites in a concentration
- of more than 10 mg/kg or 10 mg/l lupin and products thereof XIII
- XIVmolluscs 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 3) contains antioxidants
- 9) contains sweeteners
- 4) contains nitrate curing salts
- 10) blackened 11) waxed
- 5) contains phosphates
- 6) contains flavour enhancers 14) contains liquid seasoning
- 12) contains alcohol 13) contains phenylalanine
- 7) contains sulphates

\*\* caught in the wild

No genetically modified foodstuffs are used.

This is how we label our dishes:



vegetarian dish



contains poultry



contains beef



contains vension

contains lamb







customer number														0	RD	E	R I	FO	R٨	/1 F	<b>=</b> 0	R	JA	N	JA	RY	20	25	
full name																													
institution																								Cla	ass				
KW	01			02					03					04					05			_							
	Mi	Do	Fr	Мо	Di	Mi	Do	Fr	Мо	Di	Mi	Do	Fr	Мо	Di	Mi	Do	Fr	Мо	Di	Mi	Do	Fr						
	01	02	03	06	07	08	09	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30	31						
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 *Deutsche Ges. für Ernährung e.V. (German Nutrition Society)	PASTA MENU	KIDS MENU	ORGANIC MENU FROM 100% ORGANIC INGREDIENTS	COLD MENU	SALAD PLATTER								
WED 01/01/25	Pollock cubes in honey mustard sauce, with peas and potatoes, raw carrot food → Ia, IV, VII	Spinach and cheese tortellini with diced ham (1, 3, 5) and peas in cream sauce, raw carrot food												
THURS 02/01/25	Potato and carrot stew with wholemeal bread, blueberry curd	Colorful spirelli with tomato sauce and grated cheese, blueberry curd	Poultry dumplings in caper sauce with parsley potatoes, blueberry curd											
FRI 03/01/25	Colorful vegetable pan with potatoes, beans, tomatoes, eggplant and peppers, with bread, fruit	Spaghetti with lemon basil sauce, fruit	Turkey strips in dark sauce with mushrooms, served with potatoes											
MON 06/01/25	Strips of chicken breast fillet (14) in poultry cream sauce, carrots and peas, with rice, fruit	Noodles with tomato parmesan sauce, fruit	Potato soup with carrots, leeks, celery, and bread, fruit	Pork goulash, plus green beans and potatoes	Pasta salad with corn, peppers, french dressing and a chicken boulette, fruit	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips <sup>(14)</sup> , yogurt-dill dressing, fruit								
TUE 07/01/25	Colorful vegetable stew with savoy cabbage, celery, beans, carrots, peas and potato cubes, with whole grain rye bread, tomato and cucumber salad	Fork spaghetti with sausage goulash (1, 3, 5), tomato and cucumber salad	Chicken Nuggets with tomato sauce and mashed potatoes, toma- to and cucumber salad  la, III, VII	Semolina porridge with sugar and cinna- mon, fruit	Pasta salad with corn, peppers, french dressing and a chicken boulette, pastries	Salad plate garden mix leaf lettuce, cucumber, to- mato and corn, turkey breast strips (14)- yogurt-dill dressing, pastries								
WED 08/01/25	Carrot-ginger soup with potato cubes, with bread, white cabbage and mandarin raw food	Penne with ham (1, 3, 5) cream sauce, white cabbage and mandarin raw food	Chicken cordon bleu with carrot and pea vegetables in Hollan- daise-style sauce and herb potatoes, white cabbage and mandarin raw food	Soy slices with tomatoes, peppers and mushrooms, with rice, cucumber salad	Pasta salad with corn, peppers, french dressing and a chicken boulette, fruit yogurt	Salad plate garden mix leaf lettuce, cucumber, to- mato and corn, turkey breast strips (14)· yogurt-dill dressing, fruit yogurt								
THURS 09/01/25	Salmon cubes in honey dill sauce with colorful carrots and herb whole grain rice, fruit yogurt	Penne with pesto sauce, fruit yogurt	Vegetable meatball with carrot and kohlrabi cream, potatoes, fruit yogurt	Szeged goulash (pork goulash with sauerkraut), plus potatoes, fruit	Pasta salad with corn, peppers, french dressing and a chicken boulette, fruit yogurt	Salad plate garden mix leaf lettuce, cucumber, to- mato and corn, turkey breast strips (14) yogurt-dill dressing, fruit yogurt  Vala, III, VII, IX, X								
FRI 10/01/25	Tyrolean barley soup with potato cubes, carrots, celery and leek, whole grain rye bread, fruit	Spirelli with tomato-feta sauce, fruit	Rice pudding with applesauce, fruit	Colorful rice pan with carrots, broccoli, cauliflower and herbs, with tomato sauce	Pasta salad with corn, peppers, french dressing and a chicken boulette, piece of fruit	Salad plate garden mix leaf lettuce, cucumber, to- mato and corn, turkey breast strips <sup>(14)</sup> yogurt-dill dressing, piece of fruit								
MON 13/01/25	Carrot stew with diced potatoes, plus whole grain bread, fruit	Soy bolognese with spirelli, fruit	Currywurst goulash (1, 3, 5) in curry sauce and mashed potatoes, fruit	Vegetable pan (carrots, corn and broccoli) with whole grain rice, with cheese sauce, apple	Colorful rice salad with peppers, corn, peas, a chicken meatball, fruit	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, fruit								
TUE 14/01/25	Lentil stew with potato, vegetable and bacon cubes (1, 3, 5). plus whole grain bread, cucumber salad with yogurt dressing	Fork spaghetti with pork goulash, cucumber salad with yogurt dressing	Sweet and sour potato chunk stew with carrot cubes, pickled cucumber and poultry hunting sausage (I,3,5) cucumber salad with yogurt dressing	Rice pudding with hot cherries, fruit	Colorful rice salad with peppers, corn, peas, a chicken meatball, pastries	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, pastries								
WED 15/01/25	Vegetable pan (carrots, cauliflower, peas) and soy in herb sauce, with potatoes, raw carrot food	Noodles with poultry sausage goulash (1, 3, 5), raw carrot food	Poultry meatball with creamed cauliflow- er and potatoes, cherry yogurt  la, III, VII, X	Colorful vegetables in herb sauce with risibisi (rice with peas), fruit	Colorful rice salad with peppers, corn, peas, a chicken meatball, red fruit jelly	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, red fruit jelly								
THURS 16/01/25	Pollock cubes in mustard sauce with peas, with rice, cherry yogurt la, IV, VII	Tortellini with spinach and ricotta filling, with tomato and herb sauce, cherry yogurt	Eggs in mustard sauce, plus potatoes, cherry yogurt	Pasta stew with carrots, peas, celery and leek, plus bread, cucumber salad	Colorful rice salad with peppers, corn, peas, a chicken meatball, chocolate mousse	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, chocolate mousse								
FRI 17/01/25	Vegetable curry (carrot, cauliflower, chickpeas) with brown rice, raw carrot food	Spirelli with cheese cream sauce, piece of fruit	Poultry sausage (1, 3, 5) with peas, sauce and potatoes	Pork goulash with mushrooms, with potatoes, cucumber salad	Colorful rice salad with peppers, corn, peas, a chicken meatball, fruit	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing								
MON 20/01/25	Green bean stew with potato and carrot cubes, with whole grain rye bread, fruit	Fork spaghetti with ham (1.3.5) cream sauce, fruit	Sliced pork with mushrooms, served with herb potatoes, pieces of fruit	Cheese and leek soup with minced poultry, apple	Potato salad with bell pepper, cucumber and yogurt dressing, piece of fruit	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, piece of fruit								
TUE 21/01/25	Pork goulash with carrots and peas, with potato and celery puree, carrot and white cabbage salad	Penne with vegetable strips (carrot, leek, celery) and chicken strips (14) in cream sauce, carrot and white cabbage salad	Kaiserschmarrn (Austrian pancakes) without raisins with vanilla sauce, carrot and white cabbage salad	Rice stew with colorful vegetables, served with bread	Potato salad with bell pepper, cucum- ber and yogurt dressing, pastries	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, pastries								
WED 22/01/25	Vegetable stew with savoy cabbage, carrots and celery, plus whole grain bread, cucumber and radish salad	Farfalle with chive cheese sauce (2). cucumber and radish salad	Natural chicken breast fillet (14) with pea and carrot cream, with mashed potatoes, cucumber and radish salad	Poultry goulash with mixed vegetables and potatoes,	Potato salad with bell pepper, cucum- ber and yogurt dressing, blueberry curd	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, blueberry curd  ✓ la, III, VII								
THURS 23/01/25	Egg ragout with carrots, peas and cauliflower, with parsley potatoes, fruit curd	Spirelli with tomato sauce and grated cheese, fruit curd	Grilled sausage with letscho and mashed potatoes, fruit curd , 1, 3, 5, Ia, VII, IX, X	Chicken fricassee plus rice, fruit	Potato salad with bell pepper, cucum- ber and yogurt dressing, fruit curd	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, fruit curd								
FRI 24/01/25	Pollock cubes in spinach cream cheese sauce, with brown rice, piece of fruit → Ia, IV, VII	Pasta with gorgonzola sauce, piece of fruit	Pumpkin cream soup with ginger and honey, bread, 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 peppers, basil and breaded chicken schnitzel, piece of fruit G, Ia, III, VII								
MON 27/01/25	Vegetable pan with carrots, beans, cau- liflower, soy and chives, with cheese sauce <sup>(2)</sup> and potatoes, fruit	Fork spaghetti with sausage goulash (1,3,5). fruit	Mashed potatoes with chicken goulash and mushrooms, fruit	Chili sin carne with kidney beans and corn, plus rice	Exotic chicken salad with pineapple, tan- gerines and curry, with baguette rolls, fruit	Baked potato pockets with mixed leaf salad and quark dip, fruit								
TUE 28/01/25	Potatoes with herb quark, butter, plus cucumber salad	Spirelli Bolognese with poultry, cucumber salad	Poultry meatball with cream sauce, peas and herb potatoes, cucumber salad la, III, VII, X	Colorful vegetables in herb sauce with Ri- si-Bisi (rice with peas), fruit	Exotic chicken salad with pineapple, tan- gerines and curry, with baguette rolls, pastries	Baked potato pockets with mixed leaf salad and quark dip, pastries								
WED 29/01/25	Rice pudding with sugar and cinnamon, raw white cabbage	Spaghetti with four-cheese-sauce <sup>(2),</sup> raw white cabbage	Fried fish with tomato sauce and mashed potatoes, raw white cabbage  la, IV, VII	Tomato soup with rice and herbs, fruit	Exotic chicken salad with pineapple, tan- gerines and curry, with baguette rolls, "froop" dia, III, VII	Baked potato pockets with mixed leaf salad and quark dip, "froop" (yogurt)								
THURS 30/01/25	Salmon cubes in mustard-dill sauce with peas, served with rice, mango yoghurt la, IV, VII	Spirelli with cheese sauce <sup>(2),</sup> mango yoghurt	Minced pork patty (meatball) with kohlrabi cream and potatoes, mango yoghurt	Pasta stew with carrots, peas, celery and leek, plus bread	Exotic chicken salad with pineapple, tange- rines and curry, served with baguette rolls, jelly	Baked potato pockets with mixed leaf salad and quark dip, jelly								
	Vegetable curry	Pasta with zucchini	Scrambled eggs	Pancakos	Exotic chicken salad	Baked potato pockets								

Vegetable curry (carrot, cauliflower, peas) with brown rice

and feta, pieces of fruit

FRI 31/01/25

Pasta with zucchini and salmon sauce, pieces of fruit

🖚 Ia, IV, VII

Scrambled eggs with creamed spinach and potatoes,

**∛**Ia, VII

pieces of fruit

Pancakes with apple sauce

Exotic chicken salad with pineapple, tangarines and curry, with baguette rolls, pieces of fruit

Baked potato pockets with mixed leaf salad and quark dip, pieces of fruit