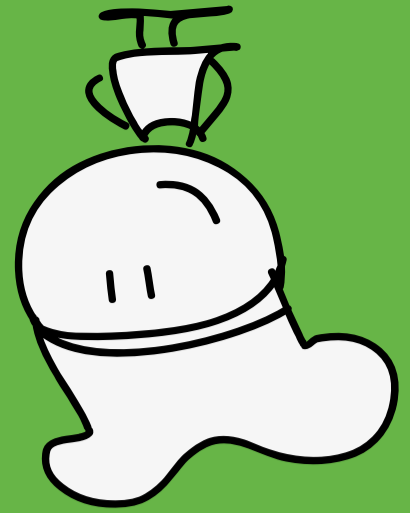
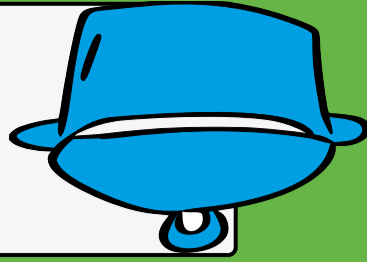


MARCH 2025 MENU



Our recommendations:
Dishes from Turkey –
 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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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

Servicetelefon: 0341. 44 82 110

customer number		ORDER FORM FOR MARCH 2025
full name		
institution		
	Class	

calendar week	10					11					12					13					14
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M
	03	04	05	06	07	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	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 <small>*Deutsche Ges. für Ernährung e.V. (German Nutrition Society)</small>	PASTA MENU	KIDS MENU	 ORGANIC MENU <small>from 100% ORGANIC ingredients</small>	COLD MENU	SALAD PLATTER
MON 03/03/25	Mercimek Çorbası soup made from red lentils, with carrots, garlic and lemon, with bread, fruit 	Colorful pasta with four-cheese-sauce ⁽²⁾ , fruit 	“Schnippelwurst goulash” slices of vienna sausages ^(1,3,5) with peppers in tomato sauce, with mashed potatoes, fruit 	Rice pudding with hot cherries, banana 	Couscous salad with beetroot, corn, feta and chicken strips ⁽¹⁴⁾ , fruit 	Mixed salad plate with tomato, cheese strips and egg, with yogurt dressing, fruit
TUE 04/03/25	Vegetable curry carrots, leeks, bamboo shoots, mushrooms with rice, white cabbage and carrot raw food 	Fork spaghetti with pork bolognese, white cabbage and carrot raw food 	Fish sticks with tomato sauce and mashed potatoes, white cabbage and carrot raw food 	Egg ragout with mustard sauce with herb potatoes, fruit 	Couscous salad with beetroot, corn, feta and chicken strips ⁽¹⁴⁾ , pastries 	Mixed salad plate with tomato, cheese strips and egg, with yogurt dressing, pastries
WED 05/03/25	Pollock cubes in lemon dill sauce, with peas and potatoes, raw carrot food 	Noodles with ham cubes ^(1,3,5) in cream sauce, raw carrot food 	Quark fritters with apple sauce ⁽³⁾ , raw carrot food 	Carrot cream soup with potato and carrot pieces, plus bread, 	Couscous salad with beetroot, corn, feta and chicken strips ⁽¹⁴⁾ , chocolate pudding 	Mixed salad plate with tomato, cheese strips and egg, with yogurt dressing, chocolate pudding
THURS 06/03/25	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 	Beef goulash with peppers and potatoes 	Couscous salad with beetroot, corn, feta and chicken strips ⁽¹⁴⁾ , blueberry curd 	Mixed salad plate with tomato, cheese strips and egg, with yogurt dressing, blueberry curd
FRI 07/03/25	Colorful vegetable pan with potatoes, beans, tomatoes, eggplant and peppers, with bread, fruit 	Spaghetti with lemon basil sauce, fruit 	Pizza „kebab style“ with chicken, fruit 	Whole wheat pasta with mushroom sauce, bacon ^(1,3,5) and herbs, cucumber salad 	Couscous salad with beetroot, corn, feta and chicken strips ⁽¹⁴⁾ , fruit 	Mixed salad plate with tomato, cheese strips and egg, with yogurt dressing, fruit
MON 10/03/25	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 and celery, plus bread, fruit 	Pork goulash, 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 ⁽¹⁴⁾ , yogurt-dill dressing, fruit
TUE 11/03/25	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 salmon cream cheese sauce and, tomato and cucumber salad 	Chicken nuggets with tomato sauce and mashed potatoes, tomato and cucumber salad 	Semolina porridge with sugar and cinnamon, fruit 	Pasta salad with corn, peppers, french dressing and a chicken boulette, pastries 	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, pastries
WED 12/03/25	Türlü colorful vegetable pan with potatoes, beans, tomatoes, eggplant and peppers, with bread, white cabbage and mandarin raw food 	Tortellini with spinach and ricotta filling, with tomato and herb sauce, white cabbage and mandarin raw food 	Turkey schnitzel with peas in hollandaise-style sauce and herb potatoes, white cabbage and mandarin raw food 	Chili sin carne with kidney beans and corn, plus rice 	Pasta salad with corn, peppers, french dressing and a chicken boulette, fruit yogurt 	Salad plate garden mix leaf lettuce, cucumber, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, fruit yogurt
THURS 13/03/25	Salmon cubes in honey dill sauce with colorful carrots and herb whole grain rice, fruit yogurt 	Penne with green pesto, 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, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, fruit yogurt
FRI 14/03/25	Barley stew with potato cubes, carrots, celery and leek, whole grain rye bread, fruit 	Spirelli with tomato feta sauce, fruit 	Rice pudding with sugar and cinnamon, 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, tomato and corn, turkey breast strips ⁽¹⁴⁾ , yogurt-dill dressing, piece of fruit
MON 17/03/25	Savoy cabbage stew with potato and carrot cubes, 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 and a chicken meatball, fruit 	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, plus fruit
TUE 18/03/25	Lentil stew with potato cubes and vegetables, 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 ^(1,3,5) , cucumber salad with yogurt dressing 	Semolina porridge with sugar and cinnamon, apple 	Colorful rice salad with peppers, corn, peas and a chicken meatball, pastries 	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, plus pastries
WED 19/03/25	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 	Tavuk kavurma chicken slices with tomatoes, peppers and mushrooms, with rice, cucumber salad 	Colorful vegetables in herb sauce with risi-bisi ⁽¹⁴⁾ (rice with peas), fruit 	Colorful rice salad with peppers, corn, peas and 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 20/03/25	Pollock cubes in mustard sauce with peas, with rice, cherry yogurt 	Penne with tomato sauce and grated cheese, 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 and 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 21/03/25	Vegetable curry carrot, cauliflower, chick-peas with brown rice, raw carrot food 	Spirelli with cheese cream sauce, piece of fruit 	Bratwurst ^(1,3,5) with cream sauerkraut and mashed potatoes, fruit 	Pork goulash with mushrooms, with potatoes, cucumber salad 	Colorful rice salad with peppers, corn, peas and a chicken meatball, fruit 	Gardener style salad platter mixed lettuce, cucumber, tomatoes and corn with beetroot falafel balls and herb dressing, fruit
MON 24/03/25	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 fruit 	Chili sin carne with lentils, kidney beans and corn, with rice, 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 25/03/25	Pork goulash with carrots and peas, with potato and celery puree, carrot and white cabbage salad 	Penne with ratatouille (stewed vegetables) and chicken strips ⁽¹⁴⁾ , carrot and white cabbage salad 	Kaiserschmarrn without raisins with vanilla sauce, carrot and white cabbage salad 	Rice stew with colorful vegetables, served with bread 	Potato salad with bell pepper, cucumber and yogurt dressing, pastries 	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, pastries
WED 26/03/25	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, cucumber and yogurt dressing, blueberry curd 	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, blueberry curd
THURS 27/03/25	Egg ragout with carrots, peas and cauliflower, with parsley potatoes, fruit curd 	Spirelli with tomato sauce and grated cheese, fruit curd 	Grilled sausage with lecho and mashed potatoes, fruit curd 	Chicken fricassee, plus rice, fruit 	Potato salad with bell pepper, cucumber and yogurt dressing, fruit curd 	Mixed salad plate with tomatoes and peppers, basil and breaded chicken schnitzel, fruit curd
FRI 28/03/25	Pollock cubes in spinach cream cheese sauce, with brown rice, piece of fruit 	Pasta with gorgonzola sauce, piece of fruit 	Domates Çorbası with Şehriye, creamy tomato soup from anatolia, with rice noodles and parsley, piece of fruit 	Rice pudding with hot cherries, 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
MON 31/03/25	Vegetable pan with carrots, beans, cauliflower, soy and chives, with cheese sauce ⁽²⁾ and potatoes, fruit 	Fork spaghetti with chicken goulash, fruit 	Pork goulash, with peas and rice, fruit 	Soy slices with mushrooms, peppers and tomatoes, with rice, cucumber salad 	Exotic chicken salad with pineapple, tangerines and curry, with baguette rolls, fruit 	Baked potato pockets with mixed leaf salad and quark dip, fruit