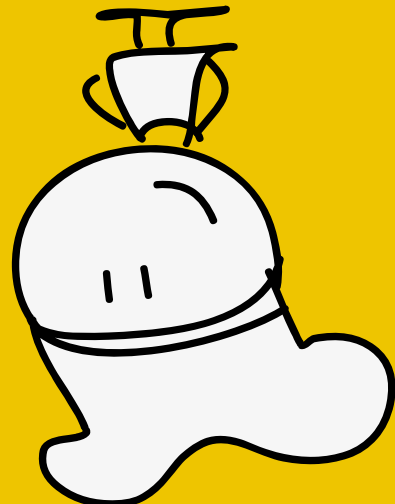
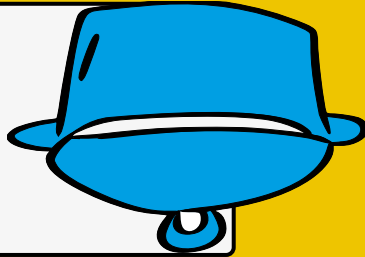


OCTOBER 2025 MENU

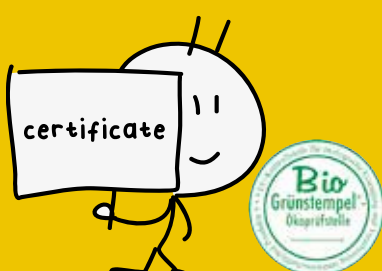


Our recommendations:
Autumn dishes –
look out for the
little chef on the menu!



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 vension |
|  contains fish
practically boneless |  contains lamb |



GFB: GENUINE FOOD BLISS

www.gfb-catering.com

Servicetelefon: 0341. 44 82 110

customer number

full name

institution

Class

ORDER FORM FOR OCTOBER 2025

KW

40

W

T

F

01

02

03

41

M

T

W

T

F

06

07

08

09

10

42

M

T

W

T

F

13

14

15

16

17

43

M

T

W

T

F

20

21

22

23

24

44

M

T

W

T

F

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 Schule, 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 01/10/25	Vegetable stew with savoy cabbage, carrots and celery, with whole-wheat bread, cucumber and radish salad  Ia, Ib, Ic, VII	Farfalle with chive and cheese sauce ⁽²⁾ , cucumber and radish salad  Ia, VII, IX	Chicken breast fillet ⁽¹⁴⁾ plain with pea and carrot cream, served with herb rice, cucumber and radish salad  Ia, VII, IX, X	Vegetarian goulash of corn, peppers and tomatoes with whole- wheat pasta and grated cheese, fruit  Ia, VII	Potato salad with bell peppers, cucum- ber, and yogurt dressing, blueberry curd  Ia, III, VII	Mixed salad with tomatoes, bell pep- pers, basil and breaded chicken schnitzel, blueberry curd  Ia, III, VII
THURS 02/10/25	Egg ragout with carrots, peas and cauliflower, served with parsley potatoes, fruit curd  Ia, VII	Spirelli with tomato sauce and grated cheese, fruit curd  Ia, VII	Chicken goulash with mixed vegetables and potatoes, fruit curd  Ia, VII	Soy strips with colorful vegetable strips in herb cream sauce and potatoes  Ia, VI, VII	Potato salad with bell peppers, cucum- ber and yogurt dressing, fruit curd  III, VII	Mixed salad with tomatoes, bell pep- pers, basil and breaded chicken schnitzel, fruit curd  Ia, III, VII
FRI 03/10/25 Holiday	Tag der Deutschen Einheit / Day of German Unity					
MON 06/10/25 Holidays SN	Vegetable stir-fry with carrots, beans, cau- liflower, soy and chives, served with cheese sauce ⁽²⁾ and potatoes, fruit  Ia, VI, VII	Spaghetti with chicken goulash, fruit  Ia, X	Semolina pudding with hot strawberries, fruit  Ia, VII			
TUE 07/10/25 Holidays SN	Potatoes with herb curd cheese and butter, served with cucumber salad  VII	Penne with spinach and ricotta sauce, served with cucumber salad  Ia, VII	 Creamy pumpkin and sweet potato soup, served with bread, cucumber salad  Ia, Ib, VII, IX			
WED 08/10/25 Holidays SN	Rice pudding with sugar and cinnamon, tomato salad  VII	Spirelli with tomato sauce and mediterranean diced vegetables (peppers, zucchini, eggplant) tomato salad  Ia, VII	Fried fish with tomato sauce and mashed potatoes, tomato salad  Ia, IV, VII			
THURS 09/10/25 Holidays SN	Salmon cubes in mustard-dill sauce with peas, served with rice, mango yogurt  Ia, IV, VII	Pasta with lentil bolognese, mango yogurt  Ia, VII, IX	Chicken meatballs with cream sauce, peas and herbed potatoes, mango yogurt  Ia, III, VII, X			
FRI 10/10/25 Holidays SN	Vegetable curry Carrot, cauliflower and peas with brown rice and feta, fruit  Ia, VII, IX	Pasta with vegetables (carrots, beans, salsify) and salm- on sauce, fruit  Ia, IV, VII	Scrambled eggs with creamed spinach and potatoes, pieces of fruit  Ia, VII			
MON 13/10/25 Holidays SA Holidays SN	Salmon cubes in lemon cream cheese sauce with peas, caulif- lower and rice, fruit  Ia, IV, VII	Spirelli with chicken bolognese, fruit  Ia, IX	Vegetarian potato soup served with bread, fruit  Ia, VII, IX			
TUE 14/10/25 Holidays SA Holidays SN	Whole-wheat pasta with soy bolognese, car- rots, celery and leeks, raw white cabbage and mandarin salad  Ia, VI	Penne with tomato and mozza- rella sauce, raw white cabbage and mandarin salad  Ia, VII	 Chicken goulash with bell peppers, served with potato and pumpkin puree, raw white cab- bage and mandarin salad  Ia, VII			
WED 15/10/25 Holidays SA Holidays SN	White cabbage stew with potato chunks, carrots and leeks, served with whole-wheat bread, cucumber salad  Ia, Ib, VII, IX	Colorful chicken ragout with carrots, cauliflower, peas, beans and herbs, served with noodles, cucumber salad  Ia	Pancakes with applesauce ⁽³⁾ , cucumber salad  Ia, III, VII			
THURS 16/10/25 Holidays SA Holidays SN	Vegetarian chickpea curry with carrots, cauliflower and peas, along herb potatoes, woodruff curd  Ia, VII, X	Colored pasta with four-cheese-sauce ⁽²⁾ , woodruff curd  Ia, VII	Königsberger Klopse cooked meatballs in caper sauce, served with potatoes, woodruff curd  Ia, III, VII, X			
FRI 17/10/25 Holidays SA Holidays SN	Bulgur pan with carrots, peas, toma- toes and strips of poultry, served with cheese sauce ⁽²⁾ , fruit  Ia, VII	Farfalle with salmon and toma- toes in cream sauce, fruit  Ia, IV, VII	Vanilla pudding soup, served with milk rolls, fruit  Ia, III, VII			
MON 20/10/25 Holidays SA	Chili sin carne with kidney beans and corn, served with whole-grain rice, fruit  Ia, VI	Spirelli with tomato sauce, fruit  Ia	 Pumpkin pan with minced chicken, along feta rice, fruit  Ia, VII	Pollock ragout, served with carrots and potatoes, apple  Ia, IV, VII	Potato salad with peppers, cucumbers and mustard dressing, 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 21/10/25 Holidays SA	Scrambled eggs with chives, served with parsley potatoes and cucumber salad  Ia, VII	Farfalle with mixed vegetables and diced chicken in a herb sauce, cucumber salad  Ia, VII	Vegetable patty with bell peppers in tomato sauce and pota- toes, cucumber salad  Ia, III, VII	Sweet potato curry with coconut milk and spinach, served with rice, fruit yogurt  Ia, VII, X	Potato salad with peppers, cucumbers and mustard dressing, 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 22/10/25 Holidays SA	Gnocchi with spinach and cream cheese sauce, white cabbage salad  Ia, III, VII	Spirelli with German hunter's schnitzel ^(1, 3, 5) (Breaded and fried Jagdwurst) and tomato sauce, white cabbage salad  Ia, III, VII	Egg ragout with cauliflower, carrots and peas, served with potatoes, white cabbage salad  Ia, VII	Rice pudding with applesauce, sugar and cinnamon, apple  VII	Potato salad with peppers, cucumbers and mustard dressing, turkey schnitzel, vanilla quark dessert  Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham ^(1, 3, 5) and egg, cocktail sauce, vanilla quark dessert  III, VII
THURS 23/10/25 Holidays SA	Boiled meatballs in herb sauce, served with colorful carrots and potatoes, berry curd  Ia, III, VII	Colorful pasta with gorgonzola sauce, berry curd  Ia, VII	Fried fish with dill sauce, served potato-carrot mash, berry curd  Ia, IV, VII	Pasta stew with colorful vegetables, served with bread, cucumber salad  Ia, Ib, IX	Potato salad with peppers, cucumbers and mustard dressing, a turkey schnitzel, berry curd  Ia, III, VII, IX	Chef's salad mixed raw vegetable salad with ham ^(1, 3, 5) and egg, cocktail sauce, berry curd  III, VII
FRI 24/10/25 Holidays SA	Marinated herring ^(3, 9) in yogurt sauce, served with herb pota- toes, fruit  Ia, III, IV, VII	Spaghetti with sausage goulash ^(1, 3, 5) , fruit  Ia, IX	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 peppers, cucumbers 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 27/10/25	Vegetable cream soup with carrots, celery, leeks and diced potatoes, served with whole-grain bread, fruit  Ia, VII, IX	Pasta with green pesto sauce (basil, arugula, parme- san), fruit  Ia, VII, VIII	Strips of chicken breast in cream sauce, served with brussels sprouts and mashed potatoes and carrots, fruit  Ia, VII, X	Carrot stew with chunks of potato, served with bread  Ia, VII, IX	Rice salad with corn and peas, served with a chicken meatball, fruit  Ia, III, VII	Stuffed potato fritters, mixed leaf salad and quark dip, fruit  Ia, VII
TUE 28/10/25	Semolina pudding with hot strawberries, raw carrot salad  Ia, VII	Shell pasta soup with soup vegetables and bread, raw carrot salad  Ia, Ib, IX	Chicken curry with mixed vegetables, served with rice, raw carrot salad  Ia, VII, X	Carrot and whole-grain fritters with ratatouille vegeta- bles, served with rice, fruit  Ia, Ib, Ie, Id, III, VII	Rice salad with corn and peas, served with a chicken meatball, pastries  Ia, III, VII	Stuffed potato fritters, mixed leaf salad and quark dip, pastries  Ia, VII
WED 29/10/25	Chicken fricassee with carrots and peas, served with rice, cucum- ber and tomato salad  Ia, VII	Penne with paprika-cream sauce, cucumber and tomato salad  Ia, VII	Arugula and sweet potato slices with creamed carrots, herb potatoes, cucumber and tomato salad  Ia, Ic, VII	 Pumpkin and carrot cream soup with potato pieces, served with bread, fruit  Ia, Ib, VII	Rice salad with corn and peas, served with a chicken meatball, chocolate pudding  Ia, III, VII	Stuffed potato fritters, mixed leaf salad and quark dip, chocolate pudding  Ia, VII
THURS 30/10/25	Pollock cubes in mustard and dill sauce, served with whole-grain vegetable rice with peas and carrots, cherry yogurt  Ia, VI, VII	Spaghetti with bolognese and diced vegetables (carrot, celery, leek), cherry yogurt  Ia	Pearl stew with vegetables (celery, carrot, leek), served with whole-grain bread, cherry yogurt  Ia, Ib, VII	Pancakes with applesauce  Ia, III, VII	Rice salad with corn and peas, served with a chicken meatball, cherry yogurt  Ia, III, VII	Stuffed potato fritters, mixed leaf salad and quark dip, cherry yogurt  Ia, VII
FRI 31/10/25 Holiday	Reformationstag / Reformation Day					