

# Speiseplan Europäische Schule Karlsruhe

Kalenderwoche 26 / 2025

vom 23.06.2025 bis 27.06.2025

Ihr Gastgeber Jan Birkenmaier mit seinem Team



| Tag        |  | Menü 1                                                                                          |  | Menü 2                                                                                                     |
|------------|--|-------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------|
| Montag     |  | Fruity chicken stew with pineapple, rice and vegetable<br><br>Aa,I<br><br>Fresh fruits (10)     |  | Vegetable risotto with courgette and grated cheese<br><br>Aa,G<br><br>Fresh fruits (10)                    |
| Dienstag   |  | Pasta casserole with ham, onions, garlic, fresh herbs and peas<br>Aa,G<br><br>Fresh fruits (10) |  | Pasta casserole with peas, corn, carrots, onions, garlic, fresh herbs<br><br>Aa,G<br><br>Fresh fruits (10) |
| Mittwoch   |  | Pan fried fish with roast potatoes tartar sauce and lemon<br>D,G,I<br><br>Melon                 |  | German pasta casserole with roast onions<br><br>Aa,G<br><br>Melon                                          |
| Donnerstag |  | Pasta with tomato sauce and grated cheese<br>Aa,G<br><br>Fresh fruits (10)                      |  | Semolina pudding with warm raspberry and cinamon<br>Aa,G<br><br>Fresh fruits (10)                          |
| Freitag    |  | Vegetable lasagne or pancakes with apple stew and salad<br>Aa,G                                 |  |                                                                                                            |

Änderung vorbehalten

|              |                                                                                                                                                                                                                                        |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Zusatzstoffe | 1=Konservierungsstoffe, 2=Farbstoff, 3=Antioxidationsmittel<br>4=Geschmacksverstärker, 5=Phosphat, 6=Süßungsmittel<br>7=Phenylalaninquelle, 8=geschwefelt, 9= geschwärzt, 10=gewachst<br>11=koffeinhaltig, 12=chininhaltig, 13=Alkohol |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                   |                                                                                                                                                                                                                           |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| enthält Allergene | Aa = Weizen, Ab =Roggen, Ac= Gernste, Ad= Hafer, B=Krebstiere, C=Eier, D=Fisch, F=Soja, G=Milch, H=Schalentiere, I=Sellerie, J=Senf, K=Sesamsamen, E= Erdnüsse<br>L= Schwefeldioxid und Sulphite, M=Lupinen, N=Weichtiere |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Ha= Mandel, Hb=Haselnüsse, Hc= Walnüsse, Hd= Cashewnüsse, He= Pekanüsse, Hf= Paranüsse, Hg= Pistazien, Hh= Macadamianüsse.