

# Speiseplan Europäische Schule Karlsruhe

Kalenderwoche 05 / 2026  
vom 26.01.2026 bis 30.02.2026



Ihr Gastgeber Jan Birkenmaier mit seinem Team

| Tag        |  | Menü 1                                                                                |                                 | Menü 2                                                                                                     |
|------------|--|---------------------------------------------------------------------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------|
| Montag     |  | Chicken curry with pineapple rice and spring onions<br><br>G,J<br><br>Tangarin (10)   | <br><br>Noodle soup             | Vegetable schnitzel with roast vegetable and rice<br><br>Aa,C<br><br>Tangarin (10)                         |
| Dienstag   |  | Penne pasta with tomato sauce and greated cheese<br><br>Aa,G<br><br>Fresh fruits (10) | <br><br>Vegetable soup          | Penne pesto with tomato and rocket salad<br><br>Aa,D,I,E<br><br>Fresh fruits (10)                          |
| Mittwoch   |  | Roast pork with spätzle and red cabbage<br><br>Aa,G<br>Fresh melon                    |                                 | Fresh and homemade tortellini bowl with feta, vegetable, avocado and dressing<br>Aa,G,I<br><br>Fresh melon |
| Donnerstag |  | German gnocchis dish with homemade apple stew<br><br>Aa<br><br>Fresh fruits (10)      | Vegi Day<br><br>cream of potato | Bread dumplings with creamy mushroom sauce<br><br>Aa,G<br><br>Fresh fruits (10)                            |
| Freitag    |  | Potato-minced meat casserole (beef) with vegetable and green salad<br><br>G           |                                 |                                                                                                            |

Anderung 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<br>Ha= Mandel, Hb=Haselnüsse, Hc= Walnüsse, Hd= Cashewnüsse, He= Pekanüsse, Hf= Paranüsse, Hg= Pistazien, Hh= Macadamianüsse. |