

Speiseplan Europäische Schule Karlsruhe

Kalenderwoche 07 / 2026
vom 09.02.2026 bis 13.02.2026



Ihr Gastgeber Jan Birkenmaier mit seinem Team

Tag		Menü 1		Menü 2
Montag		Creamy sliced beef with mushrooms and rice G,I Fresh fruits (10)	 Noodle soup	Vegetable stew with celery, carrots, potatoes, zucchini, onions and white beans I Fresh fruits (10)
Dienstag		Chicken roulades filled with spinach with croquettes, thyme sauce and vegetable Aa,G,I Fresh fruits (10)	Vegi Day Vegetable cream soup	Greek style salad with grilled broccoli schnitzel and potato dumplings Aa,G Fresh fruits (10)
Mittwoch		Homemade Hotdog sausage, pickled gherkins and roast onions (vegetable sausage) Tuesday: Hotdog for KiGa Aa,G Fresh fruits (10)		Fresh and homemade fitness Bowl iceberg lettuce, cheese, tomato, cucumber, peppers. with chicken breast or cawliflower schnitzel G Fresh fruits (10)
Donnerstag		Thai curry with coconut milk, with potatoes and vegetables served with basmati rice F,E,I Red berry compote with cream	 Tomato soup	Rigatoni with peas in a herb and cheese sauce Aa,G,I Red berry compote with cream
Freitag		Chickenbreast with wedges gravy and salad Aa		

Anderung vorbehalten

Zusatzstoffe	1=Konservierungsstoffe, 2=Farbstoff, 3=Antioxidationsmittel 4=Geschmacksverstärker, 5=Phosphat, 6=Süßungsmittel 7=Phenylalaninquelle, 8=geschwefelt, 9= geschwärzt, 10=gewachst 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 L= Schwefeldioxid und Sulphite, M=Lupinen, N=Weichtiere Ha= Mandel, Hb=Haselnüsse, Hc= Walnüsse, Hd= Cashewnüsse, He= Pekanüsse, Hf= Paranüsse, Hg= Pistazien, Hh= Macadamianüsse.