

Wochenspeiseplan  
von 19.01.2026 bis 25.01.2026 (KW4)

| Menügruppe  | 19.01.2026                                                                                                                                                                                                         | 20.01.2026                                                                                                                                                                                                     | 21.01.2026                                                                                                                                                                                                              | 22.01.2026                                                                                                                                                     |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vollkost    | <ul style="list-style-type: none"> <li>• KG 8 kocht:</li> <li>• Geflügel- Cevapcici mit Tomatenreis und Tzatziki (<i>Ei, Gl, Hü, Mi, Pu, Sel, Sf, So</i>)</li> <li>• Bircher Müsli (<i>Mad, Mi, Nü</i>)</li> </ul> | <ul style="list-style-type: none"> <li>• KG 6 kocht:</li> <li>• Lasagne (<i>Gl, Mi, Ri, S, Sel, Sf, So</i>)</li> <li>• Gurkensalat (<i>Mi, Sf, So</i>)</li> <li>• Mandarinenjoghurt (<i>Ge, Mi</i>)</li> </ul> | <ul style="list-style-type: none"> <li>• KG 24 kocht:</li> <li>• Tortellini mit Kräutersauce (<i>Ei, Gl, Mi, Sel, So</i>)</li> <li>• Blattsalat (<i>Mi, Sel, Sf, So</i>)</li> <li>• Vanillecreme (<i>Mi</i>)</li> </ul> | <ul style="list-style-type: none"> <li>• Reis</li> <li>• Ratatouillegemüse (<i>Gl, Sel, So</i>)</li> <li>• Apfelkuchen (<i>Ei, Gl, Mad, Mi, Nü</i>)</li> </ul> |
| Vegetarisch | <ul style="list-style-type: none"> <li>• Falafel mit Tomatenreis und Tzatziki (<i>Ei, Gl, Mi, Sel, So</i>)</li> <li>• Bircher Müsli (<i>Mad, Mi, Nü</i>)</li> </ul>                                                | <ul style="list-style-type: none"> <li>• Gemüselasagne (<i>Ei, Gl, Mi, Sel, So</i>)</li> <li>• Gurkensalat (<i>Mi, Sf, So</i>)</li> <li>• Mandarinenjoghurt (<i>Ge, Mi</i>)</li> </ul>                         | <ul style="list-style-type: none"> <li>• Tortellini mit Kräutersauce (<i>Ei, Gl, Mi, Sel, So</i>)</li> <li>• Blattsalat (<i>Mi, Sel, Sf, So</i>)</li> <li>• Vanillecreme (<i>Mi</i>)</li> </ul>                         | <ul style="list-style-type: none"> <li>• Reis</li> <li>• Ratatouillegemüse (<i>Gl, Sel, So</i>)</li> <li>• Apfelkuchen (<i>Ei, Gl, Mad, Mi, Nü</i>)</li> </ul> |