

MENSA Academica - Meal Plan - Monday August 12th - Friday August 16th

Standard meals					
Day	Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
Stew	Baked potato Curried vegetables Aioli (J)	Potato salad (J) Bockwurst (2,3,8) Mustard (J)	Vegan Pot au feu Fresh vegetables (3,8) Bread (A,A1,A2,A5)	Asian noodle salad (A,B,G,J,K,A1) Dressing Asian style (3,5,9,A,B,G,J,K,L,A1)	
Meal 1 vegetarian	Cauliflower cheese medallion (A,D,H,A1) Herb dip (H)	Round slice of pumpkin and chia seeds Texicana sauce (9)	Round slice of millet and cheese (A,B,D,H,A1) Sauce Choron (B,D,H)	Veggie Schnitzel (A,B,D,J,A1) Paprika sauce (G)	Gnocchi (2,3,A,A1) with mushrooms Soy cream (G)
Meal 2 recommendation of the day	Salmon (A,E,A1) Orange sauce Rocket salad	Boiled beef Horseradish sauce (3,5,B,H,L)	Turkey outlet au gratin with tomato and mozzarella (H)	Veal strips Zurich Style (A,H,A1)	Pork steak saté Peanut sauce (1,F,H) Mie noodles with vegetables (A,B,A1)
Meal 3	Skewer (A,B,J,A1) Sweet pepper sauce (H)	Chicken Schnitzel (A,A1) Mustard sauce (3,5,9,L)	Meatball (A,D,J,A1) Mustard sauce (H,J)	Turkey gyros (B,J) Tzatziki (H)	Fried fish (3,A,E,H,J,A1) Dutch remoulade (3,9,D,H,J)
Garnish 1	Penne rigate (A,A1)	French Fries	Fried potatoes chips	French Fries	Potatoes
Garnish 2	Herb rice	Spirelli (A,A1)	Wheat berries with tomato sauce (A,A1)	Spaetzle (A,D,A1)	Rice
Vegetables 1	Broccoli with almonds (J,I)	Small carrots	Spinach	Green beans	Peas and carrots
Vegetables 2	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad
Vegetables 3	Cucumber salad	Coleslaw	Mixed Chinese cabbage salad		
Vegan					

Pizzastation Academica					
Day	Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
Pizza Classics Margherita	Pizza Margherita (A,G,H,A1,A3)	Pizza Margherita (A,G,H,A1,A3)	Pizza Margherita (A,G,H,A1,A3)	Pizza Margherita (A,G,H,A1,A3)	Pizza Margherita (A,G,H,A1,A3)
Pizza Classics Salami	Pizza poultry salami (1,2,3,A,G,H,A1,A3)	Pizza poultry salami (1,2,3,A,G,H,A1,A3)	Pizza poultry salami (1,2,3,A,G,H,A1,A3)	Pizza poultry salami (1,2,3,A,G,H,A1,A3)	Pizza poultry salami (1,2,3,A,G,H,A1,A3)
Pizza Classics Funghi	Pizza Funghi (A,G,H,A1,A3)	Pizza Funghi (A,G,H,A1,A3)	Pizza Funghi (A,G,H,A1,A3)	Pizza Funghi (A,G,H,A1,A3)	Pizza Funghi (A,G,H,A1,A3)
Pizza of the day	Pizza Rocket Tomatoes, italian cheese, garlic (A,G,H,A1,A3)	Pizza BBQ Chicken Chicken, bell peppers, BBQ Sauce (4,A,G,H,J,A1,A3)	Pizza Greek Style Spinach, greek cheese, olives (6,A,G,H,A1,A3)	Pizza Tonno Tuna, onions, garlic (A,E,G,H,A1,A3)	Pizza Gorgonzola e Pera Gorgonzola, pear slices (3,A,G,H,A1,A3)

Wok Marketplace					
Day	Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
Wok	Thai red curry Vegetables, turkey stripes (A,G,A1) Rice & coriander	Stir-fry Beef with onions (1,2,A,G,A1) Basmati rice	Chicken Kanton Peppers, Chinese cabbage, soy beans (A,G,A1) Mie noodles (A,A1)	Thai green curry with shrimps (A,C,G,A1) Coconut rice	Thai Curry Massaman Style Pork, vegetables, peanuts (A,F,G,A1) Curry rice
Wok vegetarian	Thai red curry with vegetable (A,G,A1) Rice & coriander	Vegetables Onions (1,2,A,G,A1) Basmati rice	Wok Kanton Peppers, Chinese cabbage, soy beans (A,G,A1) Mie noodles (A,A1)	Thai green curry Pepper, onions (A,G,A1) Coconut rice	Thai Curry Massaman Style Vegetables, peanuts (A,F,G,A1) Curry rice

Pastastation Academica					
Day	Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
Pasta 1	Potato cream pierogi (A,D,H,A1) Beetroot salad (9)	Gnocchi (2,3,A,A1) al forno Broccoli, ham, cheese (2,3,H) Béchamel (9,A,B,H,A1,A3)	Lasagna (A,D,H,A1) Bolognese (B) Béchamel (9,A,B,H,A1,A3)	Farfalloni (A,A1) Verdure Vegetables, cheese (B,G,H) Tomato sauce Béchamel (9,A,B,H,A1,A3)	Spaghetti (A,A1) al Forno tomatoes, mushrooms, bacon (2,H) Tomato sauce
Pasta 2	Pasta (A,D,A1) Paprika with cheese (2,3,B,H) Paprika sauce (H)	Wholegrain spaghetti (A,A1) Carciofo Artichokes, olives (6) Tomato cream sauce (H)	Gnocchi (2,3,A,A1) Siciliana ratatouille, olives (6) Tomato sauce	Spaghetti (A,A1) Gorgonzola e Pera Rocket, pear slices (3,H)	Maccheroni (A,A1) Classica Spinach, Ital. cheese (H) Béchamel (9,A,B,H,A1,A3)
Pasta 3	Conchiglie (A,D,A1) Prosciutto Serrano ham, cheese (2) Italian cheese (A,H,A1) Pesto sauce (H)	Ribbon noodles (A,D,A1) Salmone e Crema Salmon (E,H) Béchamel (9,A,B,H,A1,A3)	Penne (A,A1) con Broccoli chicken, broccoli (H) Béchamel (9,A,B,H,A1,A3)	Pasta (A,D,A1) Amatriciana bacon, olives (2,6) Tomato sauce	Farfalloni (A,A1) Rosati Chicken, dried tomatoes (3,5,L) Pesto (H) Tomato sauce

sandwich/burgerbar Academica					
Day	Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
Sandwich	Club Style Chicken, bacon, salad (2,A,D,G,H,J,K,A1,A2,A3,A5)	vegetarian Falafel, Aioli, vegetables (A,G,H,J,K,A1,A2,A3,A5) Aioli (J)	Sweet sour turkey Turkey, carrots (A,G,H,J,K,A1,A2,A3,A5)	Italian Style Salami, Rucola, olives, Grana Padano (2,3,6,A,B,D,G,H,J,K,A1,A2,A3,A5)	Turkey Teriyaki Salad, Teriyaki sauce (A,G,H,J,K,A1,A2,A3,A5)
Burger Classics served with French Fries	Hamburger (2,A,B,H,J,K,A1) Cheeseburger (1,2,A,B,H,J,K,A1) Chicken burger (2,3,8,A,B,H,J,K,A1,A3) Veggieburger (1,2,A,B,D,H,K,A1,A3,A4)	Hamburger (2,A,B,H,J,K,A1) Cheeseburger (1,2,A,B,H,J,K,A1) Chicken burger (2,3,8,A,B,H,J,K,A1,A3) Veggie burger (1,2,A,B,D,H,K,A1,A3,A4)	Hamburger (2,A,B,H,J,K,A1) Cheeseburger (1,2,A,B,H,J,K,A1) Chicken burger (2,3,8,A,B,H,J,K,A1,A3) Veggie burger (1,2,A,B,D,H,K,A1,A3,A4)	Hamburger (2,A,B,H,J,K,A1) Cheeseburger (1,2,A,B,H,J,K,A1) Chicken burger (2,3,8,A,B,H,J,K,A1,A3) Veggie burger (1,2,A,B,D,H,K,A1,A3,A4)	Hamburger (2,A,B,H,J,K,A1) Cheeseburger (1,2,A,B,H,J,K,A1) Chicken burger (2,3,8,A,B,H,J,K,A1,A3) Veggie burger (1,2,A,B,D,H,K,A1,A3,A4)
Burger of the week	Long chicken burger with bacon (2,A,D,G,H,J,K,A1)	Long chicken burger with bacon (2,A,D,G,H,J,K,A1)	Long chicken burger with bacon (2,A,D,G,H,J,K,A1)	Long chicken burger with bacon (2,A,D,G,H,J,K,A1)	Long chicken burger with bacon (2,A,D,G,H,J,K,A1)
Fingerfood of the week served with French Fries	Spring rolls (A,B,D,J,A1) with sweet n sour dip	Spring rolls (A,B,D,J,A1) with sweet n sour dip	Spring rolls (A,B,D,J,A1) with sweet n sour dip	Spring rolls (A,B,D,J,A1) with sweet n sour dip	Spring rolls (A,B,D,J,A1) with sweet n sour dip

Additives: (1) food colouring, (2) preservatives, (3) antioxidants, (4) flavour enhancer, (5) sulphurized, (6) blackened, (8) phosphate, (9) sweetener
Allergens: (A) cereals containing gluten, (B) celery, (C) crustaceans, (D) eggs, (E) fish, (F) peanuts, (G) soybeans, (H) milk, (I) nuts, (J) mustard, (K) sesame seeds, (L) sulfur dioxide or sulphites, (A1) wheat, (A2) rye, (A3) barley, (A4) oat, (A5) spelt, (I1) almond

