

Your menu card

for patients with optional services

Date: _____

Name: _____

Room number: _____





Your breakfast selection

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Savoury toppings							
Cured pork (slice) 2, 3, 6							
Pork liver sausage 2,3							
Turkey ham 2, 3, 6, i, j							
Spicy turkey sausage 2, 3, 6, i, j							
Turkey salami 2, 3							
Poultry bologna 1,2,3,6,c,h,i,j							
Cooked pork loin 2, 3							
Parma ham (pork)							
Roast pork 6							
Vegetarian pâté							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cheese & quark							
Greenland smoked cheese (lactose-free) g							
Maasdamer cheese (lactose-free) g							
Brie g							
Camembert (lactose-free) g							
Emmental (lactose-free) g							
Philadelphia cream cheese with herbs 64% fat in dry mass g, i							
Philadelphia cream cheese, natural 64% fat in dry mass g							
Gouda, medium-matured (lactose-free) 1, 2, g							
Quark with herbs 20% fat in dry mass g							
Quark, natural 20% fat in dry mass g							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sweet spreads							
Langnese honey, creamy							
Langnese honey, clear							
Schwartau apricot jam							
Schwartau strawberry jam							
Schwartau raspberry jam							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Sweet spreads						
Schwartau cherry jam						
Nutella <small>f, g, h</small>						
Schwartau plum compote						
Golden syrup						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Spreads						
Butter 10 g <small>g</small>						
Margarine 10 g <small>1</small>						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Rolls						
Multi-grain rolls <small>a, f</small>						
Long rolls <small>a</small>						
Rolls without raisins <small>a, c, g</small>						
Spelt rolls <small>a, f, g, k</small>						
Pumpkin seed rolls <small>a, c, g</small>						
Rolls with raisins <small>a, c, g</small>						
Lye roll <small>a</small>						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Bread						
Crispbread <small>a, k</small>						
Multi-grain bread <small>a, f, k</small>						
Brown bread <small>a</small>						
Wholegrain bread <small>a</small>						
White bread <small>a, g</small>						
Spelt bread <small>a, g</small>						
Cossack sour dough bread <small>b</small>						
Nut bread <small>a, f, g, h, k</small>						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Extras						
Pack of cocoa 3.5%, 0.2 litre <small>g</small>						
Pack of milk 3.5%, 0.2 litre <small>g</small>						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Snacks						
Compote (changes daily) <small>1</small>						
Natural yoghurt 1.5% fat <small>g</small>						
Piece of fresh fruit (changes daily) <small>7</small>						
Hard-boiled egg <small>c</small>						
Kellogg's 5 grain muesli with milk 3.5% fat <small>2, 9, g, h, l</small>						
Kellogg's 5 grain muesli with natural yoghurt 1.5% fat <small>2, 9, g, h, l</small>						
Zott creamy yoghurt 10% fat <small>g</small>						

Dear Patient,

You can order a drink **or** smoothie plus an additional snack each day from Patient Service.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Fruit juices						
Apple juice 0.2 litre						
Multivitamin juice 0.2 litre						
Orange juice 0.2 litre						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Smoothies						
Vaihinger Bio Smoothie apple-banana and blueberry 0.2 litre						
Vaihinger Bio Smoothie apple-mango and banana 0.2 litre						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Snacks						
Funny Frisch paprika crisps 30 g <small>1, a</small>						
Corny muesli bar 25 g <small>a, h</small>						
Roasted peanuts, salted Ültje 50 g <small>e</small>						
Haribo golden bears 100 g						
KitKat 1 bar <small>a, g</small>						
m&m's 45 g <small>1, e, f, g, h</small>						
Mars 1 bar <small>d, g, f</small>						
Snickers 1 bar <small>e, f, g, h</small>						

Lunch

You can select your lunch from the standard meal plan and the optional services menu. Unfortunately, you cannot select separate components.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Soup starter							
Beef broth with strips of vegetables and semolina dumplings <small>a, c, f, i</small>							
Cream of tomato soup <small>g</small>							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch menus							
Three types of pasta with green asparagus and a cheese sauce <small>a,c,g,i</small>							
Balance plate Rosemary baby potatoes with grilled vegetables and fresh quark with herbs <small>g</small>							
Steamed salmon steak with Hollandaise sauce with buttered potatoes and spinach <small>c, d, g, i</small>							
Guinea fowl breast with fruity curry sauce served on jasmine rice and baby carrots <small>1, g</small>							
Pork tenderloin medallions with a pepper cream sauce served on potato gratin with beans <small>5, g</small>							
Mustard-roasted beef served with gravy, rosemary potatoes and peas <small>a, g, j</small>							
Fried sea bass served on Mediterranean vegetables with couscous tartlets <small>1,a,c,d,i,j</small>							



Dinner

You may select a traditional dinner with bread and cold cuts. Alternatively, you can choose between a special which changes daily, a platter of mixed cold cuts or a salad.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Savoury toppings							
Cured pork <small>2, 3, 6</small>							
Pork liver sausage <small>2,3</small>							
Turkey ham <small>2, 3, 6, i, j</small>							
Spicy turkey sausage <small>2, 3, 6, i, j</small>							
Turkey salami <small>2, 3</small>							
Poultry bologna <small>1,2,3,6,c,h,i,j</small>							
Cooked pork loin <small>2, 3</small>							
Parma ham (pork)							
Roast pork <small>6</small>							
Vegetarian pâté							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cheese & quark							
Greenland smoked cheese (lactose-free) <small>g</small>							
Maasdamer cheese (lactose-free) <small>g</small>							
Brie <small>g</small>							
Camembert (lactose-free) <small>g</small>							
Emmental (lactose-free) <small>g</small>							
Philadelphia cream cheese with herbs 64% fat in dry mass <small>g, i</small>							
Philadelphia cream cheese, natural 64% fat in dry mass <small>g</small>							
Gouda, medium-matured (lactose-free) <small>1, 2, g</small>							
Quark with herbs 20% fat in dry mass <small>g</small>							
Quark, natural 20% fat in dry mass <small>g</small>							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sweet spreads							
Langnese honey, creamy							
Langnese honey, clear							
Schwartau apricot jam							
Schwartau strawberry jam							
Schwartau raspberry jam							
Schwartau cherry jam							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Sweet spreads						
Nutella	f, g, h					
Schwartau plum compote						
Golden syrup						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Spreads						
Butter 10 g	g					
Margarine 10 g	1					

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Bread						
Crispbread	a					
Multi-grain bread	a, f, k					
Brown bread	a					
Wholegrain bread	a					
White bread	a					
Spelt crust	a					
Cossack sour dough bread	a,					
Nut bread	a,h					

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Extras						
Gherkin	2, 5					
Tomato						
Vegetable sticks with herb quark 20% fat in dry mass	g					
Mozzarella and tomatoes with balsamic vinegar	g, l					
Remoulade	1, c, j					
Mustard	j					
Tomato ketchup	2, 5, i					

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Snacks						
Natural yoghurt 1.5% fat	g					
Zott creamy yoghurt 10% fat	g					

Specials, changed daily	
Monday Pork escalope with potato salad	
Tuesday Bavarian pork sausage salad (brown bread)	2, 3, 5, 6, a, g, j, l
Wednesday Rustic pork roast (brown bread)	2, 3, 6, a, c, g, i, j
Thursday Tuna salad "Niçoise" (brown bread)	a, c, d, g, i, j
Friday Norwegian fish dish (pumpernickel bread)	3, 9, a, c, d, g, l
Saturday "Florida" chicken salad (brown bread)	2, a, c, i
Sunday Poultry fritter with pasta salad	2, 3, a, c, g, j

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Platter of cold cuts						
Platter of pork cold cuts: small escalope, fritter, blood sausage, meatloaf, Mettwurst sausage, cheese, potato salad, brown bread, butter, garnish	2, 3, 4, 6, a, c, g, i, j					
Salad plate						
Mixed salad with yoghurt dressing and brown bread	a, c, g, i, j					



Food labelling key

Allergens:

- a) Contains gluten*
- b) Contains crustaceans
- c) Contains egg and egg products
- d) Contains fish and fish products
- e) Contains peanut products
- f) Contains soya
- g) Contains milk and/or lactose
- h) Contains nuts#
- i) Contains celery
- j) Contains mustard
- k) Contains sesame
- l) Contains sulphur dioxide/sulphites
- m) Contains lupins
- n) Contains molluscs

Additives:

- 1) Contains food colouring
- 2) Contains preservatives
- 3) Contains anti-oxidant
- 4) Contains flavour enhancer
- 5) Contains sweetener
- 6) Contains phosphate
- 7) Waxed
- 8) Blackened
- 9) Contains sulphur
- 10) Contains quinine
- 11) Contains caffeine

Explanations

* in particular wheat, rye, barley, oats, spelt, Khorasan wheat or hybrid strains thereof, and products derived from them

with designation of the ingredient namely almonds, hazelnuts, walnuts, cashew nuts, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts

We reserve the right to make changes to the menu card.

Dated 10.09.2019



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