

**Lunch menu selection from 04.01.2021 to 10.01.2021**
**Ward:** \_\_\_\_\_

**Room:** \_\_\_\_\_

	Lindenburg Menu	Sülz Menu	Grüngürtel Menu	Pastries
Mon	Beef goulash <input type="checkbox"/> Fusilli <sup>a</sup> <input type="checkbox"/> Baby carrots <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	(S) Meatloaf <sup>2,3,6</sup> <input type="checkbox"/> Mustard <sup>j</sup> <input type="checkbox"/> Mashed potatoes <sup>2,3,6,g</sup> <input type="checkbox"/> Black salsify in a cream sauce <sup>g,i</sup> <input type="checkbox"/> Tangerine <input type="checkbox"/>	Wholegrain veggie burger <sup>a,c,i</sup> <input type="checkbox"/> Red Thai sauce <sup>i</sup> <input type="checkbox"/> Jasmine rice <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Lemon cake <sup>6,a,c</sup> <input type="checkbox"/>
Tue	Chicken and vegetable couscous <sup>a,i</sup> <input type="checkbox"/> Tomato and basil sauce <sup>i</sup> <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	(S) Pan-fried meatballs <sup>a,c,i,j</sup> <input type="checkbox"/> Mashed potatoes <sup>2,3,6,g</sup> <input type="checkbox"/> Leeks in a cream sauce <sup>g,i</sup> <input type="checkbox"/> Kiwi fruit <input type="checkbox"/>	Penne <sup>a</sup> <input type="checkbox"/> Mediterranean sauce <sup>f,i</sup> <input type="checkbox"/> Grated cheese <sup>2,g</sup> <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Lemon cake <sup>6,a,c</sup> <input type="checkbox"/>
Wed	Chicken breast <input type="checkbox"/> Mushroom cream sauce <sup>g</sup> <input type="checkbox"/> Spätzle (egg pasta) <sup>a,c</sup> <input type="checkbox"/> Mixed vegetables <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	Roast pork <sup>j</sup> <input type="checkbox"/> Rosemary sauce <input type="checkbox"/> Salted boiled potatoes <input type="checkbox"/> Red cabbage <sup>3,5,i</sup> <input type="checkbox"/> Apple <input type="checkbox"/>	(V) Potato tortilla <sup>c,g,i</sup> <input type="checkbox"/> Rich tomato sauce <sup>i</sup> <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Cream biscuit <sup>a,c,g,h</sup> <input type="checkbox"/>
Thu	Asian stir fry with turkey <sup>f,i</sup> <input type="checkbox"/> Fruity Asian sauce <sup>1,j</sup> <input type="checkbox"/> Rice <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	Chicken Cordon Bleu <sup>2,a,g</sup> <input type="checkbox"/> Gravy <input type="checkbox"/> Salted boiled potatoes <input type="checkbox"/> Peas <input type="checkbox"/> Banana <input type="checkbox"/>	Spinach and feta omelette <sup>6,a,c,g</sup> <input type="checkbox"/> Chive sauce <sup>g,i</sup> <input type="checkbox"/> Salted boiled potatoes <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Chocolate coins <sup>a,c,f,g</sup> <input type="checkbox"/>
Fri	Fillet of hoki fish "Meuniere" <sup>a,g,d</sup> <input type="checkbox"/> Lemon sauce <sup>g,i</sup> <input type="checkbox"/> Salted boiled potatoes <input type="checkbox"/> Baby carrots <sup>i</sup> <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	Carrot stew <sup>i</sup> <input type="checkbox"/> Mini poultry meatballs (4) <sup>a,c,g,j</sup> <input type="checkbox"/> Brown bread <sup>a</sup> <input type="checkbox"/> Tangerine <input type="checkbox"/>	(V) Cauliflower burger <sup>a,c,g,i</sup> <input type="checkbox"/> Hollandaise sauce <sup>a,c,f,g,i</sup> <input type="checkbox"/> Parsley boiled potatoes <input type="checkbox"/>	Shortbread biscuits <sup>a</sup> <input type="checkbox"/>
Sat	Chicken breast <input type="checkbox"/> Tomato sauce <sup>8,i</sup> <input type="checkbox"/> Spinach gnocchi <sup>a</sup> <input type="checkbox"/> Grilled tomato <sup>2,g</sup> <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	Pork meatloaf <sup>a,c,i,j</sup> <input type="checkbox"/> Cream sauce <sup>g</sup> <input type="checkbox"/> Salted boiled potatoes <input type="checkbox"/> Black salsify in a cream sauce <sup>g,i</sup> <input type="checkbox"/> Kiwi fruit <input type="checkbox"/>	Veg. Maultaschen (Swabian ravioli) <sup>a,c,g,i</sup> <input type="checkbox"/> Vegetable gravy for Maultaschen (Swabian ravioli) <sup>i</sup> <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Cream biscuit <sup>a,c,g,h</sup> <input type="checkbox"/>
Sun	(S) Beef roulade <sup>2,3,5,i,j</sup> <input type="checkbox"/> Gravy <input type="checkbox"/> Mini potato dumplings <input type="checkbox"/> Red cabbage <sup>3,5,i</sup> <input type="checkbox"/> Fruit yoghurt <sup>g</sup> <input type="checkbox"/>	Macaroni bake <sup>a,g,i</sup> <input type="checkbox"/> Tomato and basil sauce <sup>i</sup> <input type="checkbox"/> Pear <input type="checkbox"/>	Tagliatelle <sup>a</sup> <input type="checkbox"/> Gorgonzola and spinach sauce <sup>g,i</sup> <input type="checkbox"/> Apple sauce <sup>3</sup> <input type="checkbox"/>	Waffle <sup>a,c,f,g</sup> <input type="checkbox"/>

**Enjoy your meal**

1 = contains food colouring, 2 = contains preservatives, 3 = contains anti-oxidant, 5 = contains sweetener, 6 = contains phosphate, 8 = blackened, a = contains gluten, c = contains egg and egg products, d = contains fish, f = contains soya (non-GM), g = contains milks and dairy products including lactose, h = contains shellfish, i = contains celery, j = contains mustard

## Menu selection from 16.11.2020 to 22.11.2020

You can put together your individual meal from our wide range of dishes.  
The Patient Service staff are on hand to assist with your menu requests.  
The UKC kitchen team hopes that you enjoy your meal. Subject to change.

Breakfast		
<b>Toppings (max. 8)</b>	Wholegrain bread <sup>a</sup>	<input type="checkbox"/>
<b>Savoury toppings</b>	White bread <sup>a</sup>	<input type="checkbox"/>
Meat sausage <sup>2, 3, 6</sup>	<input type="checkbox"/>	<b>Extras (max.1)</b>
Cured pork <sup>2, 3, 6</sup>	<input type="checkbox"/>	Cocoa 3.5 % fat <sup>g</sup>
Liver sausage <sup>2</sup>	<input type="checkbox"/>	Milk 3.5% fat <sup>g</sup>
Turkey ham <sup>2, 3, 6</sup>	<input type="checkbox"/>	<b>Snacks (max.1)</b>
Spicy turkey sausage <sup>2, 3, 6, j</sup>	<input type="checkbox"/>	Fruit yoghurt 3.5% fat <sup>2, g</sup>
Turkey salami <sup>1, 2, 3</sup>	<input type="checkbox"/>	Compote
<b>Cheese &amp; quark</b>	Muesli with milk 3.5% fat <sup>a, g, h</sup>	<input type="checkbox"/>
Cream cheese with herbs <sup>g</sup>	<input type="checkbox"/>	Muesli with natural yoghurt 1.5% fat <sup>a, g, h</sup>
Cream cheese, natural <sup>g</sup>	<input type="checkbox"/>	Natural yoghurt 1.5% fat <sup>g</sup>
Gouda (lactose-free) <sup>g</sup>	<input type="checkbox"/>	Fruit
Greenland smoked cheese (lactose-free)	<input type="checkbox"/>	
Maasdamer cheese (lactose-free) <sup>g</sup>	<input type="checkbox"/>	
Low-fat quark 40 g <sup>g</sup>	<input type="checkbox"/>	
<b>Sweet spreads</b>		
Apricot jam	<input type="checkbox"/>	
Strawberry jam	<input type="checkbox"/>	
Honey	<input type="checkbox"/>	
Blackcurrant jam	<input type="checkbox"/>	
Cherry jam	<input type="checkbox"/>	
Chocolate hazelnut spread <sup>f, g, h</sup>	<input type="checkbox"/>	
<b>Spreads</b>		
Butter <sup>g</sup>	<input type="checkbox"/>	
Margarine <sup>1</sup>	<input type="checkbox"/>	
<b>Rolls (max. 2)</b>		
Multi-grain rolls <sup>6, a, f</sup>	<input type="checkbox"/>	
Long rolls <sup>6, a</sup>	<input type="checkbox"/>	
Bread rolls <sup>a, c, g</sup>	<input type="checkbox"/>	
<b>Bread (max. 4)</b>		
Crispbread <sup>a, k</sup>	<input type="checkbox"/>	
Multi-grain bread <sup>a, f, k</sup>	<input type="checkbox"/>	
Brown bread <sup>a</sup>	<input type="checkbox"/>	
Wholegrain bread <sup>a</sup>	<input type="checkbox"/>	
White bread <sup>a</sup>	<input type="checkbox"/>	
<b>Extras (max.1)</b>		
Gherkin <sup>2, 5</sup>	<input type="checkbox"/>	
Tomato	<input type="checkbox"/>	
<b>Snacks (max.1)</b>		
Fruit yoghurt 3.5% fat <sup>2, g</sup>	<input type="checkbox"/>	
Natural yoghurt 1.5% fat <sup>g</sup>	<input type="checkbox"/>	

Dinner			
<b>Toppings (max. 8)</b>			
<b>Savoury toppings</b>			
Meat sausage <sup>2, 3, 6</sup>	<input type="checkbox"/>	<b>Mon</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Cured pork <sup>2, 3, 6</sup>	<input type="checkbox"/>	<b>Tue</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Liver sausage <sup>2</sup>	<input type="checkbox"/>	<b>Wed</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Turkey ham <sup>2, 3, 6</sup>	<input type="checkbox"/>	<b>Thu</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Spicy turkey sausage <sup>2, 3, 6, j</sup>	<input type="checkbox"/>	<b>Fri</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Turkey salami <sup>1, 2, 3</sup>	<input type="checkbox"/>	<b>Sat</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
<b>Cheese &amp; quark</b>		<b>Sun</b>	Salad plate with brown bread and yoghurt dressing <sup>a, c, g, i, j</sup>
Cream cheese with herbs <sup>g</sup>	<input type="checkbox"/>		
Cream cheese, natural <sup>g</sup>	<input type="checkbox"/>		
Gouda (lactose-free) <sup>g</sup>	<input type="checkbox"/>		
Greenland smoked cheese (lactose-free)	<input type="checkbox"/>		
Maasdamer cheese (lactose-free) <sup>g</sup>	<input type="checkbox"/>		
<b>Sweet spreads</b>			
Jam	<input type="checkbox"/>		
<b>Spreads</b>			
Butter <sup>g</sup>	<input type="checkbox"/>		
Margarine <sup>1</sup>	<input type="checkbox"/>		
<b>Bread (max. 4)</b>			
Crispbread <sup>a, k</sup>	<input type="checkbox"/>		
Multi-grain bread <sup>a, f, k</sup>	<input type="checkbox"/>		
Brown bread <sup>a</sup>	<input type="checkbox"/>		
Wholegrain bread <sup>a</sup>	<input type="checkbox"/>		
White bread <sup>a</sup>	<input type="checkbox"/>		
<b>Extras (max.1)</b>			
Gherkin <sup>2, 5</sup>	<input type="checkbox"/>		
Tomato	<input type="checkbox"/>		
<b>Snacks (max.1)</b>			
Fruit yoghurt 3.5% fat <sup>2, g</sup>	<input type="checkbox"/>		
Natural yoghurt 1.5% fat <sup>g</sup>	<input type="checkbox"/>		

### Enjoy your meal

1 = contains food colouring, 2 = contains preservatives, 3 = contains anti-oxidant, 4 = contains flavour enhancer, 5 = contains sweetener, 6 = contains phosphate, 8 = blackened, a = contains gluten, c = contains egg and egg products, d = contains fish, f = contains soya (non-GM), g = contains milks and dairy products including lactose, h = contains shellfish, i = contains celery, j = contains mustard, k = contains sesame, m = contains lupins