

# DIESE WOCHE FRISCH GEKOCHT | 09.09.2019 - 13.09.2019

Preise in € inkl. MWST

|               | MONTAG 09.09.  | DIENSTAG 10.09.  | MITTWOCH 11.09.  | DONNERSTAG 12.09.  | FREITAG 13.09.   |   |
|---------------|--|--|--|--|--|---|
| <b>ECO 1</b>  | Erdäpfel-Cremesuppe   Petersilie (A,G)<br>Cremiges Kohlgemüse & Röstinchen (A,C,G) - kcal510<br>Beilagensalat<br><i>Creamed potato soup   parsley (A,G)</i><br><i>Creamy cabbage &amp; hash browns (A,C,G)</i><br><i>Salad</i>   | Gemüse-Bouillon   Bröselknödel (A,C,G,L)<br>Eiernockerl   frischer Schnittlauch (A,C,G) - kcal697<br>Rote Rüben Salat<br><i>Vegetable-bouillon   small dumplings (A,C,G,L)</i><br><i>Egg 'spätzle'   fresh chives   red beet (A,C,G)</i><br><i>Red beet salad</i>  | Fisolen-Dill-Suppe (A,G)<br>Faschierte Soja-Laibchen   Kichererbsenpüree (A,F,L) - kcal505<br>Beilagensalat<br><i>Green beans - dill-soup (A,G)</i><br><i>Minced soy-patties   chickpea puree (A,F,L)</i><br><i>Salad</i>  | Backerbsensuppe (A,C,L)<br>Ofenkartoffel   Grillgemüse & Kräuterrahm (G,L) - kcal360<br>Beilagensalat<br><i>Soup with battered pearls (A,C,L)</i><br><i>Oven potato   grilled vegetables &amp; herbal cream (G,L)</i><br><i>Salad</i>  | Zwiebel-Cremesuppe (A,G)<br>Champignonsauce   Semmelknödel & Sauerrahm (A,C,G) - kcal490<br>Beilagensalat<br><i>Creamed onion soup (A,G)</i><br><i>Mushroom sauce   bread dumpling &amp; sour cream (A,C,G)</i><br><i>Salad</i>  | 5,70                                    |
| <b>ECO 2</b>  | Erdäpfel-Cremesuppe   Petersilie (A,G)<br>Pikantes Puten-Reisfleisch   Paprikasauce (A) - kcal680<br>Beilagensalat<br><i>Creamed potato soup   parsley (A,G)</i><br><i>Spicy rice with turkey   paprika sauce (A)</i><br><i>Salad</i>  | Gemüse-Bouillon   Bröselknödel (A,C,G,L)<br>Berner Würstel   Pommes   Zwiebeln (G,M) - kcal931<br>Beilagensalat<br><i>Vegetable-bouillon   small dumplings (A,C,G,L)</i><br><i>Berner' sausages   french fries   onion mustard (G,M)</i><br><i>Salad</i>   | Fisolen-Dill-Suppe (A,G)<br>Hühnerschnitzel gebacken   Butterreis oder Petersil-Erdäpfel   Preiselbeeren (A,C,G) - kcal841<br>Beilagensalat<br><i>Green beans - dill-soup (A,G)</i><br><i>Viennese escalope of chicken   rice with butter OR potatoes with parsley   cranberries (A,C,G)</i><br><i>Salad</i>   | Backerbsensuppe (A,C,L)<br>Selchfleischknödel   Sauerkraut   Kümmelsaft (A,C,G) - kcal750<br>Beilagensalat<br><i>Soup with battered pearls (A,C,L)</i><br><i>Dumplings filled with smoked meat   sauerkraut   caraway jus (A,C,G)</i><br><i>Salad</i>  | Zwiebel-Cremesuppe (A,G)<br>Gebackenes Fischfilet   Petersil-Erdäpfel   Saue Tartare (A,C,D,G,M) - kcal745<br>Beilagensalat<br><i>Creamed onion soup (A,G)</i><br><i>Breadcrumbs &amp; fried fish filet   Parsley potatoes   Tartare sauce (A,C,D,G,M)</i><br><i>Salad</i>   | 6,00                                    |
| <b>PIZZA</b>  | Pizza Margherita   Tomatensauce   Mozzarella<br>Pizza Salami   Tomatensauce   Mozzarella   Salami<br>Pizza Spinacci   Tomate   Mozzarella   Blattspinat & Feta (A,G) - kcal800<br><i>Pizza Margherita   tomato sauce   mozzarella</i><br><i>Pizza Salami   tomato sauce   Mozzarella   Salami</i><br><i>Pizza Spinacci   tomato   mozzarella   leaf spinach &amp; feta cheese (A,G)</i>  | Pizza Margherita   Tomatensauce   Mozzarella<br>Pizza Provenciale   Tomatensauce   Speck   Pfefferoni   Mais<br>Pizza Spinacci   Tomate   Mozzarella   Blattspinat & Feta (A,G) - kcal800<br><i>Pizza Margherita   tomato sauce   mozzarella</i><br><i>Pizza Provenciale   tomato sauce   bacon   peperoni   corn</i><br><i>Pizza Spinacci   tomato   mozzarella   leaf spinach &amp; feta cheese (A,G)</i>                                | Pizza Margherita   Tomatensauce   Mozzarella<br>Pizza Prosciutto   Tomatensauce   Mozzarella   Rohschinken   Rucola<br>Pizza Spinacci   Tomate   Mozzarella   Blattspinat & Feta (A,G) - kcal800<br><i>Pizza Margherita   tomato sauce   mozzarella</i><br><i>Pizza Prosciutto   tomato sauce   mozzarella   prosciutto   rocket</i><br><i>Pizza Spinacci   tomato   mozzarella   leaf spinach &amp; feta cheese (A,G)</i>                 | Pizza Margherita   Tomatensauce   Mozzarella<br>Pizza Cardinale   Tomatensauce   Schinken   Mais<br>Pizza Spinacci   Tomate   Mozzarella   Blattspinat & Feta (A,G) - kcal800<br><i>Pizza Margherita   tomato sauce   mozzarella</i><br><i>Pizza Cardinale   tomato sauce   ham   corn</i><br><i>Pizza Spinacci   tomato   mozzarella   leaf spinach &amp; feta cheese (A,G)</i>   | Pizza Margherita   Tomatensauce   Mozzarella<br>Pizza Diavolo   Tomatensauce   Salami   Kirschkpfefferoni   Tabasco<br>Pizza Spinacci   Tomate   Mozzarella   Blattspinat & Feta (A,G) - kcal800<br><i>Pizza Margherita   tomato sauce   mozzarella</i><br><i>Pizza Diavolo   tomato sauce   salami   jalapenos   tabasco</i><br><i>Pizza Spinacci   tomato   mozzarella   leaf spinach &amp; feta cheese (A,G)</i>                        | 5,40<br>6,20<br>6,20                    |
| <b>YUMMY</b>  | Spaghetti oder Penne   Bolognese (A,O) kcal617 oder Pomodoro (A) - kcal512<br>Dinkelpenne   Bolognese (A,O) oder Pomodoro (A)<br>Ricotta-Tortellini   Tomatensauce   Parmesan (A,G) - kcal645<br><i>Spaghetti or Penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Spelt penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Ricotta-Tortellini   tomato sauce   parmesan (A,G)</i>  | Lasagne al Forno   Fleischragout   Mozzarella gratiniert - kcal812<br><i>Lasagna al Forno   Meat ragout   Mozzarella gratinée</i>  | Spaghetti oder Penne   Bolognese (A,O) kcal617 oder Pomodoro (A) - kcal512<br>Dinkelpenne   Bolognese (A,O) oder Pomodoro (A)<br>Ricotta-Tortellini   Tomatensauce   Parmesan (A,G) - kcal645<br><i>Spaghetti or Penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Spelt penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Ricotta-Tortellini   tomato sauce   parmesan (A,G)</i>  | Spaghetti oder Penne   Bolognese (A,O) kcal617 oder Pomodoro (A) - kcal512<br>Dinkelpenne   Bolognese (A,O) oder Pomodoro (A)<br>Ricotta-Tortellini   Tomatensauce   Parmesan (A,G) - kcal645<br><i>Spaghetti or Penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Spelt penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Ricotta-Tortellini   tomato sauce   parmesan (A,G)</i>  | Spaghetti oder Penne   Bolognese (A,O) kcal617 oder Pomodoro (A) - kcal512<br>Dinkelpenne   Bolognese (A,O) oder Pomodoro (A)<br>Ricotta-Tortellini   Tomatensauce   Parmesan (A,G) - kcal645<br><i>Spaghetti or Penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Spelt penne   Bolognese or Pomodoro (A,C,G,O)</i><br><i>Ricotta-Tortellini   tomato sauce   parmesan (A,G)</i>  | 5,60<br>6,00<br>6,00<br>6,20<br>Lasagne |
| <b>GREEN</b>  | Salatmix Classic   Mediterran   East   Taco-Mix<br>Topping I: Tomaten, Gurken, Oliven...<br>Topping II: Avocado, Thunfisch, Feta...<br>Topping III: Huhn geb./natur od. Veg. Alternative<br>Wraps mit Füllung nach Wahl<br><i>Topping I: tomato, cucumber, olives ...</i><br><i>Topping II: avocado, tuna, feta cheese...</i><br><i>Topping III: grilled/fried chicken or veg. alternative</i><br><i>Wraps with filling of your choice</i> | Salatmix Classic   Mediterran   East   Taco-Mix<br>Topping I: Tomaten, Gurken, Oliven...<br>Topping II: Avocado, Thunfisch, Feta...<br>Topping III: Huhn geb./natur od. Veg. Alternative<br>Wraps mit Füllung nach Wahl<br><i>Topping I: tomato, cucumber, olives ...</i><br><i>Topping II: avocado, tuna, feta cheese...</i><br><i>Topping III: grilled/fried chicken or veg. alternative</i><br><i>Wraps with filling of your choice</i> | Salatmix Classic   Mediterran   East   Taco-Mix<br>Topping I: Tomaten, Gurken, Oliven...<br>Topping II: Avocado, Thunfisch, Feta...<br>Topping III: Huhn geb./natur od. Veg. Alternative<br>Wraps mit Füllung nach Wahl<br><i>Topping I: tomato, cucumber, olives ...</i><br><i>Topping II: avocado, tuna, feta cheese...</i><br><i>Topping III: grilled/fried chicken or veg. alternative</i><br><i>Wraps with filling of your choice</i> | Salatmix Classic   Mediterran   East   Taco-Mix<br>Topping I: Tomaten, Gurken, Oliven...<br>Topping II: Avocado, Thunfisch, Feta...<br>Topping III: Huhn geb./natur od. Veg. Alternative<br>Wraps mit Füllung nach Wahl<br><i>Topping I: tomato, cucumber, olives ...</i><br><i>Topping II: avocado, tuna, feta cheese...</i><br><i>Topping III: grilled/fried chicken or veg. alternative</i><br><i>Wraps with filling of your choice</i> | Salatmix Classic   Mediterran   East   Taco-Mix<br>Topping I: Tomaten, Gurken, Oliven...<br>Topping II: Avocado, Thunfisch, Feta...<br>Topping III: Huhn geb./natur od. Veg. Alternative<br>Wraps mit Füllung nach Wahl<br><i>Topping I: tomato, cucumber, olives ...</i><br><i>Topping II: avocado, tuna, feta cheese...</i><br><i>Topping III: grilled/fried chicken or veg. alternative</i><br><i>Wraps with filling of your choice</i> | 4,40<br>0,55<br>1,00<br>1,95<br>5,50    |
| <b>GLOBAL</b> | <b>Gourmet</b><br>Variation von Meeresfrüchten   Chili-Cous Cous & Limetten-Joghurt (A,D,G,R) - kcal720<br><i>Variation of sea food   chili cous-cous &amp; lime yogurt (A,D,R,G)</i>  | Chicken Teppanyaki   Nudeln oder Reis   Gemüse   Sauce nach Wahl<br><i>Chicken teppanyaki   noodles or rice   vegetables   sauce at your choice</i>  | Asiatischer Schweinebauch   in Honig-Sojasauce geschmort   Basmatireis   sautierter Lauch (A,F,L,N) - kcal990<br><i>Asian style pork   stewed in honey-soy sauce   basmati rice   sauteed leek (A,F,L,N)</i>   | Veggie Burger   Gemüse-Patty   Pommes (A,C,F,G,M) - kcal812<br><i>Veggie burger   Vegetable patty   French fries (A,C,F,G,M) - kcal812</i><br>Mensa Burger   Beef   Cheddar   BBQ-Sauce   Pommes (A,C,G,M)<br><i>Mensa burger   Beef   Cheddar   BBQ-sauce   French fries (A,C,G,M)</i>  | Hühnerfilet im Prosciuttomantel   Rucola-Risotto (G,L,O) - kcal780<br><i>Chicken fillet wrapped in prosciutto   arugula-risotto (G,L,O)</i>  | 6,20<br>6,20<br>8,60                    |

**Öffnungszeiten**  
Montag - Freitag 8:30 - 15:00 Uhr

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