

# Menüplan

## Traditionell

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| <b>Montag</b><br>07.09.2026     | <b>Gehacktes mit Hörnli</b><br>Gruyère<br>Apfelmus<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 1001 / <b>Fett:</b> 20.7g<br><b>Kohlenhydrate:</b> 149.6g / <b>Eiweiss:</b> 49.9g<br>Allergene: A,C,G,I<br>Fleisch: Schweiz 2308g CO <sub>2</sub>                           |
| <b>Dienstag</b><br>08.09.2026   | <b>Suprême Maispoularde</b><br>Kräuterbutter / Pommes Frites<br>Erbsen / Karotten<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 1197 / <b>Fett:</b> 87.0g<br><b>Kohlenhydrate:</b> 49.2g / <b>Eiweiss:</b> 44.5g<br>Allergene: G,I<br>Fleisch: Schweiz 2772g CO <sub>2</sub> |
| <b>Mittwoch</b><br>09.09.2026   | <b>Scallopina al Limone</b><br>Kroketten<br>Broccoli<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 1123 / <b>Fett:</b> 76.5g<br><b>Kohlenhydrate:</b> 62.3g / <b>Eiweiss:</b> 42.6g<br>Allergene: A,C,G,I,L<br>Fleisch: Schweiz 2396g CO <sub>2</sub>                        |
| <b>Donnerstag</b><br>10.09.2026 | <b>Lasagne</b><br>Rindfleisch / Tomatensauce<br>Rucola<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 926 / <b>Fett:</b> 38.7g<br><b>Kohlenhydrate:</b> 94.2g / <b>Eiweiss:</b> 45.4g<br>Allergene: A,C,G,I,L<br>Fleisch: Schweiz 2277g CO <sub>2</sub>                       |
| <b>Freitag</b><br>11.09.2026    | <b>Wolfsbarschilet</b><br>Beurre Blanc<br>Salzkartoffeln / Kefen<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 536 / <b>Fett:</b> 25.0g<br><b>Kohlenhydrate:</b> 37.7g / <b>Eiweiss:</b> 38.0g<br>Allergene: A,C,D,I,G<br>Fisch: Griechenland 1335g CO <sub>2</sub>          |

## Rund um d'Welt

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| <b>Pad Thai</b> 🍲<br>Pouletfleisch<br>Reisnudeln / Gemüse / Ei / Sprossen<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 559 / <b>Fett:</b> 15.5g<br><b>Kohlenhydrate:</b> 50.3g / <b>Eiweiss:</b> 51.9g<br>Allergene: A,C,G,I,L<br>Fleisch: Schweiz 1465g CO <sub>2</sub> | <b>Bunte Tagliatelle</b><br>Rahmsauce / Rauchlachs / Blattspinat<br>Cherrytomaten / Mönchsbarb<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 905 / <b>Fett:</b> 43.8g<br><b>Kohlenhydrate:</b> 81.2g / <b>Eiweiss:</b> 42.8g<br>Allergene: D,G,I,L<br>Fisch: Norwegen 1436g CO <sub>2</sub> | <b>Pouletkebab im Taschenbrot</b><br>Gurke / Kabis / Tomate<br>Rohkostsalat<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 761 / <b>Fett:</b> 36.5g<br><b>Kohlenhydrate:</b> 53.1g / <b>Eiweiss:</b> 51.1g<br>Allergene: A,G,I<br>Fleisch: Schweiz 825g CO <sub>2</sub> | <b>Rotes Pouletcurry</b> 🍲🍲<br>Basmatireis / Asiamüese<br>Erdnüsse / Koriander<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 911 / <b>Fett:</b> 36.0g<br><b>Kohlenhydrate:</b> 92.6g / <b>Eiweiss:</b> 50.6g<br>Allergene: F,I,K<br>Geflügel: Schweiz 1728g CO <sub>2</sub> | <b>Entenbrust</b><br>Orangensauce<br>Reis / Glasierete Karotten<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 765 / <b>Fett:</b> 34.6g<br><b>Kohlenhydrate:</b> 75.5g / <b>Eiweiss:</b> 28.4g<br>Allergene: A,C,G,I,L<br>Geflügel: Frankreich 1728g CO <sub>2</sub> |
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## Vegi

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| <b>Pizza Vegetariana</b><br>Büffelmozzarella / Artischocken<br>Oliven / Rucola<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 718 / <b>Fett:</b> 32.3g<br><b>Kohlenhydrate:</b> 76.5g / <b>Eiweiss:</b> 26.3g<br>Allergene: A,C,G,I<br>1108g CO <sub>2</sub> | <b>Frühlingsrollen</b><br>Sweet-Chilisauce<br>Glasnudelsalat / Pak Choi<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 588 / <b>Fett:</b> 27.3g<br><b>Kohlenhydrate:</b> 57.8g / <b>Eiweiss:</b> 17.9g<br>Allergene: A,C,G,F,K<br>405g CO <sub>2</sub> | <b>Gelbes Gemüsecurry</b> <br>Basmatireis / Tofu<br>Asiamüese / Koriander<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 903 / <b>Fett:</b> 22.7g<br><b>Kohlenhydrate:</b> 136.2g / <b>Eiweiss:</b> 35.4g<br>Allergene: A,F,I,K<br>1324g CO <sub>2</sub> | <b>Empanadas mit Gemüsefüllung</b><br>Koriander-Limettenreis<br>Ofentomate / Chimichurri<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 991 / <b>Fett:</b> 54.7g<br><b>Kohlenhydrate:</b> 97.4g / <b>Eiweiss:</b> 22.1g<br>Allergene: A,C,G,I<br>626g CO <sub>2</sub> | <b>Canelloni mit Ricotta &amp; Spinat</b><br>Tomatensauce / Ofengemüse<br>Brunnenkresse<br><b>Intern 8.50 / Extern 19.50</b><br><b>Kcal:</b> 765 / <b>Fett:</b> 34.8g<br><b>Kohlenhydrate:</b> 79.0g / <b>Eiweiss:</b> 31.0g<br>Allergene: A,C,G,I<br>1046g CO <sub>2</sub> |
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## Salatbuffet pro 100g

Wechselnde Auswahl an Blatt-, Rohkost- sowie  
angemachten Salaten, Dressings, Öl und Essig

**Intern 2.00 / Extern 4.50**

## Free Choice pro 100g

Wechselnde Auswahl an Fleisch- und Fischgerichten  
sowie Beilagen und Gemüse nach Wahl

**Intern 2.00 / Extern 4.50**

pikant  
scharf  
sehr scharf



Das Fachpersonal steht bei Fragen zu den Gerichten  
oder Allergenen gerne zur Verfügung.

Öffnungszeiten: Montag – Freitag, 11.15 – 13.30 Uhr

CATERING SERVICES  
MIGROS