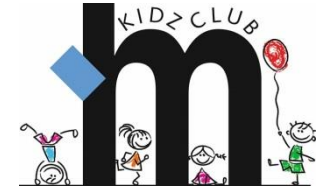




# Essensplan

Woche 47



| Montag                                                                                                                                                                                                                                                                                                     | Dienstag                                                                                                                                                                                                                                                                  | Mittwoch                                                                                                                                                                                                                                                               | Donnerstag                                                                                                                                                                                                                                                                       | Freitag                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 17.11.2025                                                                                                                                                                                                                                                                                                 | 18.11.2025                                                                                                                                                                                                                                                                | 19.11.2025                                                                                                                                                                                                                                                             | 20.11.2025                                                                                                                                                                                                                                                                       | 21.11.2025                                                                                                                                                                                                                                         |
| <b>Blattsalat</b><br><b>Karottensalat</b><br><b>Kürbissuppe</b><br><br><b>Fleisch:</b><br><b>Rindshackbraten</b><br><b>Provençalesauce</b><br><b>Spiralen</b><br><br><b>Vegetarisch:</b><br><b>Quornschnitzel</b><br><b>Provençalesauce</b><br><b>Spiralen</b><br><br><b>Gemüse:</b><br><b>Mischgemüse</b> | <b>Blattsalat</b><br><b>Fenchelsalat</b><br><br><b>Fisch:</b><br><b>Zanderfilet im Teig</b><br><b>Mayo</b><br><b>Salzkartoffeln</b><br><br><b>Vegetarisch:</b><br><b>Eieromletten</b><br><b>Mayo</b><br><b>Salzkartoffeln</b><br><br><b>Gemüse:</b><br><b>Blattspinat</b> | <b>Blattsalat</b><br><b>Rotkabissalat</b><br><br><b>Fleisch:</b><br><b>Wienerli</b><br><b>Burgundersauce</b><br><b>Spätzli</b><br><br><b>Vegetarisch:</b><br><b>Vegi- Wienerli</b><br><b>Burgundersauce</b><br><b>Spätzli</b><br><br><b>Gemüse:</b><br><b>Karotten</b> | <b>Blattsalat</b><br><b>Glasnudelsalat</b><br><br><b>Fleisch:</b><br><b>Poulet</b><br><b>Sweet &amp; Sour</b><br><b>Basmatireis</b><br><br><b>Vegetarisch:</b><br><b>Frühlingsrollen</b><br><b>Sweet &amp; Sour</b><br><b>Basmatireis</b><br><br><b>Gemüse:</b><br><b>Linsen</b> | <b>Blattsalat</b><br><b>Gurkensalat</b><br><br><b>Fleisch:</b><br><b>Rose Valentina</b><br><b>mit</b><br><b>Trutenschinken</b><br><br><b>Vegetarisch:</b><br><b>Rose Valentina</b><br><b>mit Zucchini</b><br><br><b>Gemüse:</b><br><b>Broccoli</b> |

Geflügel: Schweiz BTS Oberland

Fisch: MSC, Norwegen, Atlantik Nord-Ost

Fleisch: Pfannenstiel