

MENSA, CAMPUS DUISBURG

12.05.–16.05.2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
dish 1	<p>Penne  "Mykonos" with vegetables and white cheese (awe,g,i)</p> <p> </p> <p>2,40 € 3,00 €</p>	<p>Spaghetti  al lime with roasted almonds and parmesan (awe,c,g,hma,2,7)</p> <p></p> <p>1,68 € 3,28 €</p>	<p>Turkey gyros with tzatziki (g)</p> <p></p> <p>3,12 € 6,08 €</p>	<p>"Mac & Cheese" - Macaroni with cashews and cheese sauce (awe,g,hca,i,1)</p> <p> </p> <p>2,26 € 4,41 €</p>	<p>Currywurst stir-fry with bell peppers and onions (g,i,3,8)</p> <p> </p> <p>2,46 € 4,80 €</p>	
dish 2	<p>Dutch "Frikandel Spezial" with curry ketchup, mayonnaise and dice onions (awe,c,f,i,j,1,3,4,8)</p> <p> </p> <p>1,72 € 3,35 €</p>	<p>Fried tilapia fillet with Thai green sauce (awe,b,d,1,3,7)</p> <p></p> <p>2,72 € 5,30 €</p>	<p>Roasted pork loin with pepper cream sauce (age,awe,f,g,i)</p> <p></p> <p>2,04 € 3,98 €</p>	<p>Homemade meatball with mushroom cream sauce (age,awe,c,f,g,i,j,1,3)</p> <p> </p> <p>2,56 € 4,99 €</p>	<p>Baked cheese schnitzel with herb sauce (awe,c,g,i,1)</p> <p> </p> <p>2,72 € 5,30 €</p>	
3	<p>Pan-fried Swabian Maultaschen with root vegetables (awe,i)</p> <p> </p> <p>2,10 € 4,10 €</p>	<p>Fresh potato dumplings with mushrooms in soy cream (age,awe,f,i,l,1,3,5)</p> <p></p> <p>2,70 € 5,27 €</p>	<p>Chickpea curry with spinach, cauliflower, root vegetables, and rice  (i,1)</p> <p></p> <p>2,40 € 4,68 €</p>	<p>White bean stew "Serbian style" (i)</p> <p> </p> <p>1,86 € 3,63 €</p>	<p>Potato and endive mash with 3 Green Mountain Balls (awe,j)</p> <p> </p> <p>2,80 € 5,46 €</p>	<p>Protein pasta pan with soy, sun-dried tomatoes and vegan che (awe,f,i,1)</p> <p> </p> <p>2,26 € 4,41 €</p>
Vegan	<p>Ground beef stew "Budapest" with tomatoes and bell peppers (age,awe,f,i,1)</p> <p> </p> <p>2,92 € 5,69 €</p>	<p>Pureed potato stew with parsley (awe,f,i,l,1)</p> <p></p> <p>1,82 € 3,55 €</p>	<p>White bean stew "Serbian style" (i)</p> <p></p> <p>1,72 € 3,35 €</p>	<p>Vegetable and noodle stew with vegan egg (awe,f,i,1)</p> <p> </p> <p>1,74 € 3,39 €</p>	<p>Chickpea and tomato stew (i)</p> <p> </p> <p>1,46 € 2,85 €</p>	
Stew						



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Wok-/Grill	<p>Fresh tagliatelle with arugula pesto, cherry tomatoes and pork tenderloin slices (awe,c,g,2)</p> <p>4,72 € 6,59 €</p>	<p>"Pimp Your Burger" - Beef patty with salad, our house sauce, fries and toppings (awe,c,g,i,j,k,1,2,3,8)</p> <p>6,62 € 8,49 €</p>	<p>Marinated spare ribs with BBQ sauce, chips and cole slaw (awe,c,f,j,l)</p> <p>5,88 € 7,75 €</p>	<p>Digital cooking competition 2025 Mohs cigköfte wrap (awe,1,2)</p> <p>3,56 € 5,43 €</p>	<p>Fried gilthead fillet on basmati rice ^{BIO} and wok vegetables in coconut and lemongrass sauce (awe,d,i,7)</p> <p>6,16 € 8,03 €</p>
Suppe	<p>Carrot and ginger soup (awe,f,i,1)</p> <p>0,38 € 0,74 €</p>	<p>Cream of broccoli soup (awe,f,i,1)</p> <p>0,52 € 1,01 €</p>	<p>Tomato soup (awe,i,1)</p> <p>0,36 € 0,70 €</p>	<p>Cream of kohlrabi soup (awe,f,i,1)</p> <p>0,48 € 0,94 €</p>	<p>Cream of herb soup (awe,f,i,1)</p> <p>0,40 € 0,78 €</p>
Beilage 1	<p>Roasted potatoes</p> <p>0,60 € 1,17 €</p>	<p>Roasted potatoes</p> <p>0,46 € 0,90 €</p>	<p>Roasted potatoes</p> <p>0,60 € 1,17 €</p>	<p>Potato wedges</p> <p>0,74 € 1,44 €</p>	<p>Roasted potatoes</p> <p>0,60 € 1,17 €</p>
Beilage 2	<p>Rice ^{BIO} with vegetables (i,1)</p> <p>0,60 € 1,17 €</p>	<p>Pasta ^{BIO} with vegetables (awe,i)</p> <p>0,62 € 1,21 €</p>	<p>Mashed potatoes (1,3)</p> <p>0,36 € 0,70 €</p>	<p>Potatoes (1)</p> <p>0,44 € 0,86 €</p>	<p>Rice ^{BIO} with vegetables (i,1)</p> <p>0,60 € 1,17 €</p>
Gemüse 1	<p>Broccoli (i,1)</p> <p>0,66 € 1,29 €</p>	<p>Cauliflower (i,1)</p> <p>0,42 € 0,82 €</p>	<p>Carrots (i,1)</p> <p>0,38 € 0,74 €</p>	<p>Peas (i,1)</p> <p>0,48 € 0,94 €</p>	<p>Broccoli mix (i,1)</p> <p>0,50 € 0,98 €</p>
Gemüse 2	<p>Leipzig vegetable medley (i,1)</p> <p>0,54 € 1,05 €</p>	<p>Green beans (i,1)</p> <p>0,44 € 0,86 €</p>	<p>Mixed vegetables (i,1)</p> <p>0,46 € 0,90 €</p>	<p>Ratatouille (awe,i)</p> <p>0,52 € 1,01 €</p>	<p>Turkey gyros with tzatziki (g)</p> <p>3,12 € 6,08 €</p>

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Salat	Small salad bowl (c,g,j,1) 0,60 € 1,17 €	Small salad bowl (c,g,j,1) 0,64 € 1,21 €	Small salad bowl (c,g,j,1) 0,64 € 1,25 €	Small salad bowl (c,g,j,1) 0,64 € 1,25 €	Small salad bowl (c,g,j,1) 0,64 € 1,25 €
Dessert 1	Currant yoghurt (g) 0,54 € 1,05 €	Chocolate custard (g) 0,60 € 1,17 €	Wild berry yogurt (g) 0,52 € 1,01 €	Semolina pudding with raspberries (awe,g) 0,74 € 1,44 €	Buttermilk and mango dessert (g) 0,72 € 1,40 €
Dessert 2		Currant yoghurt (g) 0,54 € 1,05 €	Chocolate custard (g) 0,60 € 1,17 €	Wild berry yogurt (g) 0,52 € 1,01 €	
Beilage 3					Pasta with vegetables (awe,i) 0,62 € 1,21 €

