

MENSA, CAMPUS ESSEN

05.05.–09.05.2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
dish 1	Spaetzle with colorful balsamic lentil vegetables (c,i,l,1) 1,87 € 3,39 €	Potato gnocchi with fresh vegetables and a herbed cream sauce (awe,c,g,i,1) 1,96 € 3,82 €	Kartoffel Gemüseauflauf mit Kräuterrahm Komp. (awe,c,g,i,1) 2,40 € 4,68 €	Two spinach dumplings with a herb and onion cream sauce (awe,c,g,i,1) 1,92 € 3,74 €	Pan- fried Schupfnudeln with caramelized apples and vanilla sauce (awe,c,g,1,3) 2,24 € 4,37 €
dish 2	Chicken breast fillet "Texas" with BBQ sauce (i) 2,98 € 5,81 €	Marinated tilapia fillet Cajun style on Asian vegetables (awe,d,3) 3,44 € 6,71 €	Baked meatloaf with dark mustard sauce (age,awe,c,f,i,j) 2,50 € 4,88 €	Spaghetti (Organic) "Bolognese" (age,awe,f,i) 2,26 € 4,41 €	Two fish meatballs with potato and cream cheese filling and remoulade sauce (awe,c,d,g,j,1,9) 1,86 € 3,63 €
Vegan	Couscous with vegetables, mango, raisins, sunflower seeds and a vegan yogurt dip (awe,hwa) 2,68 € 5,23 €	Alu Chana mit Naanbrot N (awe) 2,74 € 5,34 €	"Falco's Peanuts Asian noodles (BIO)" with tofu, chili, ginger, chopped peanuts, sesame seeds and leek (awe,e,f,k) 2,28 € 4,45 €	Beetroot gnocchi with savoy cabbage, mushrooms and roasted walnuts (hwa,1,3) 1,90 € 3,71 €	Tortellini and vegetable stir- fry with tomato sauce (awe,i,1) 2,28 € 4,45 €
Stew	"planted.Chicken" stew with curry and vegetables (i,j,1) 2,86 € 5,58 €	Savoy cabbage stew with potatoes (i,1) 1,88 € 3,67 €	Mediterranean tomato and zucchini stew (awe,i,1) 1,56 € 3,04 €	Vegetable stew with garden vegetables and noodles (awe,i) 1,72 € 3,35 €	Fasolada Greek white bean soup (i) 1,76 € 3,43 €

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MONDAY

Spargel Gnocchi (c,g,2,7)



Tagespreis

TUESDAY

White asparagus spears with turkey escalopes, served with sc.hollandaise or melted butter and new potatoes (awe,c,g,i,1)



Tagespreis

WEDNESDAY

Asparagus action Asparagus curry with coconut milk, lime, prawns and basmati rice (b,g,i,7)



Tagespreis

THURSDAY

Asparagus promotion Fresh asparagus and watermelon salad with fried halloumi cheese (g)



Tagespreis

FRIDAY

Asparagus action Fresh, white asparagus spears with ham, Sc.hollandaise or melted butter and new potatoes (c,g,i,1,2,3,8)



Tagespreis

**Wok-
/Grill**

Aktion

Pasta

Pasta in barbeque sauce with peppers and sweet-corn (awe,i)



2,54 € | 4,41 €

Pasta with beef bolognese (age,awe,f,i)



3,40 € | 5,27 €

noodles with turkey, aivar and zucchini sauce (awe,g,i)



3,84 € | 5,71 €

noodles with tomato and vegetable sauce served with vegan scrambled eggs (awe,f,i,1)



2,62 € | 4,49 €

Pasta 3

Pasta with soy chunks in mushroom cream sauce (age,awe,f,i)



2,38 € | 4,25 €

noodles in a herbed soy cream sauce with Green Mountain Balls (awe,f,i,1)



4,10 € | 5,97 €

noodles with soy- based mushroom cream sauce (age,awe,f,i,1)



3,34 € | 5,21 €

noodles in a leek cream sauce with ground beef (awe,g,i,1)



3,36 € | 5,23 €

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Suppe	Vegetable cream soup (awe,f,i,1)   0,42 € 0,82 €	Cream of cauliflower soup (awe,f,i,1)   0,53 € 1,03 €	Mushroom soup (awe,f,i,l,1,3)   0,46 € 0,90 €	Cream of broccoli soup (awe,f,i,1)  0,52 € 1,01 €	Red lentil potato soup (i)   0,56 € 1,10 €
Beilage 1	Roasted potatoes   0,60 € 1,17 €	Rice    0,48 € 0,94 €	Rice    0,48 € 0,94 €	Roasted potatoes  0,60 € 1,17 €	Couscous (awe,i)   0,46 € 0,90 €
Beilage 2	Pasta "penne rigate"  with vegetables (i)   0,52 € 1,01 €	Spaetzle  (awe,c)   0,58 € 1,13 €	Potatoes (1)   0,44 € 0,86 €	Pasta  (awe)  0,40 € 0,78 €	Potatoes (1)   0,44 € 0,86 €
Gemüse 1	Mixed vegetables (i,1)   0,80 € 1,56 €	Mixed vegetables (i,1)   0,66 € 1,29 €	Leipzig vegetable medley (i,1)   0,54 € 1,05 €	Green beans (i,1)  0,43 € 0,84 €	Broccoli mix (i,1)   0,50 € 0,98 €
Gemüse 2	Parisian carrots (i,1)   0,54 € 1,05 €	Creamed spinach (awe,f,i,1)   0,62 € 1,21 €	Mixed cauliflower and broccoli (i,1)   0,54 € 1,05 €	Mixed vegetables (i,1)  0,46 € 0,90 €	
Salat	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 €	Small salad bowl (c,g,j,1)  0,64 € 1,25 €	Small salad bowl (c,g,j,1)   0,64 € 1,25 €

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Dessert 1	Yogurt with cherries (g) 0,60 € 1,17 €	Buttermilk dessert with strawberries (g) 0,62 € 1,21 €	Semolina pudding with raspberries (awe,g) 0,78 € 1,52 €	Quark mit Johannisbeeren e.H. (g) 0,44 € 0,86 €	Yogurt with pineapple (g) 0,52 € 1,01 €
Pasta 2	Vegan stuffed pasta with barbeque sauce, peppers and corn (awe,i) 2,54 € 4,41 €	Colorful tortellini with beef bolognese (age,awe,c,f,i) 3,40 € 5,27 €	filled pasta with sliced turkey in ajvar and zucchini sauce (awe,c,g,i) 3,84 € 5,71 €	filled pasta in tomato and vegetable sauce with vegan scrambled eggs (awe,f,i,1) 2,62 € 4,49 €	
Pasta 4	Vegan stuffed pasta with soy strips in mushroom sauce (age,awe,f,i) 2,38 € 4,25 €	Colorful tortellini in herb-soy cream sauce with Green Mountain Balls (awe,c,f,i,1) 4,10 € 5,97 €	filled pasta with mushroom and soy cream sauce (age,awe,c,f,g,i,1) 3,34 € 5,21 €	filled pasta in minced meat cream sauce with leek (awe,g,i,1) 3,36 € 5,23 €	