

# Allergene Speiseplan 08.12. – 12.12.25



| Allergene Speiseplan |                                      | Gluten<br> | Eier<br> | Fisch<br> | Erdnüsse<br> | Soja<br> | Milch<br> | Schalenfrüchte<br> | Sellerie<br> | Senf<br> | Sesam-samen<br> | Lupine<br> | Weich-tiere<br> | Krebstiere<br> | Schwefel-dioxid Sulfit<br> |
|----------------------|--------------------------------------|------------|----------|-----------|--------------|----------|-----------|--------------------|--------------|----------|-----------------|------------|-----------------|----------------|----------------------------|
| Mo                   | Kohlroulade                          | x (Weizen) |          |           |              |          |           |                    |              | x        |                 |            |                 |                |                            |
|                      | Tomatensauce                         |            |          |           |              |          |           |                    | x            |          |                 |            |                 |                | x                          |
|                      | Kartoffelpüree                       |            |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
|                      | Gemüselasagne                        | x (Weizen) | x        |           |              |          | x         |                    | x            |          |                 |            |                 |                |                            |
|                      | Geflügelsauce                        |            |          |           |              |          | x         |                    | x            |          |                 |            |                 |                | x                          |
| Di                   | Fischfilet                           | x (Weizen) |          | x         |              |          | x         |                    |              | x        |                 |            |                 |                |                            |
|                      | Nudel-Gemüse-Pfanne                  | x (Weizen) | x        |           |              |          |           |                    |              |          |                 |            |                 |                |                            |
|                      | Rahmspinat                           |            |          |           |              |          | x         |                    | x            |          |                 |            |                 |                |                            |
|                      | Kartoffelpüree                       |            |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
|                      | Joghurt dressing                     |            |          |           |              |          | x         |                    |              | x        |                 |            |                 |                |                            |
|                      | Vanillequark                         |            |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
| Mi                   | Fit-Pizza Thunfisch und Zwiebeln     | x (Weizen) |          | x         |              |          | x         |                    |              |          |                 |            |                 |                |                            |
|                      | Fit-Pizza Salami und Paprika         | x (Weizen) |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
|                      | Fit-Pizza Vegetaria                  | x (Weizen) |          |           |              |          | x         |                    | x            |          |                 |            |                 |                |                            |
| Do                   | Gebratene Champignons in Kräuterrahm |            | x        |           |              |          | x         |                    | x            |          |                 |            |                 |                | x                          |
|                      | Schwäbische Maultaschen              | x (Weizen) | x        |           |              |          |           |                    |              |          |                 |            |                 |                |                            |
|                      | Tomatensauce                         |            |          |           |              |          |           |                    | x            |          |                 |            |                 |                | x                          |
|                      | Pichelsteiner Eintopf mit Rind       |            |          |           |              |          |           |                    | x            |          |                 |            |                 |                |                            |
|                      | Brötchen                             | x (Weizen) |          |           |              |          |           |                    |              |          |                 |            |                 |                |                            |
|                      | Vanillepudding                       |            |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
| Fr                   | Kibbelinge                           | x (Weizen) |          | x         |              |          |           |                    |              |          |                 |            |                 |                |                            |
|                      | Remoulade                            | x (Weizen) | x        |           |              |          | x         |                    |              | x        |                 |            |                 |                |                            |
|                      | Kartoffelaufbau mit Hackfleisch      |            |          |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |
|                      | Tomatensauce                         |            |          |           |              |          |           |                    | x            |          |                 |            |                 |                | x                          |
|                      | Veg. Nudelaufbau                     | x (Weizen) | x        |           |              |          | x         |                    |              |          |                 |            |                 |                |                            |