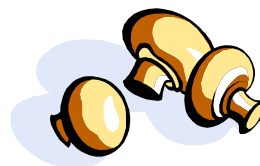


# Speiseplan

vom 16.02.2026 bis 20.02.2026



## Montag

|       |                    |                                  |       |
|-------|--------------------|----------------------------------|-------|
| ----- | <b>Rosenmontag</b> | <b>beweglicher<br/>Ferientag</b> | ----- |
|-------|--------------------|----------------------------------|-------|

## Dienstag

|                                                                                                                                                  |                                                                                                                                      |                                                                                                                                    |                                                                     |
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| <b><u>Menü 1</u></b><br>Big Rib (1,3)<br>(Geflügelhacksteak)<br>Nudeln (1)<br>pikante Paprika-<br>Tomatensoße (1)<br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Fleischkäse vom<br>Schwein (16,17)<br>Kartoffelpüree (7)<br>Bratensoße (9,10)<br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>orientalische<br>Cous-Cous-<br>Gemüsepfanne (1)<br>Minzedip (7)<br>Gemüse/Salatbeilage/Dessert | <b><u>Salatteller</u></b><br>frei nach<br>Wahl<br>am<br>Salatbuffet |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|

## Mittwoch - Schnitzeltag -

|                                                                                                                  |                                                                                                                                            |                                                                                                                                     |                                                                     |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Hähnchenschnitzel (1)<br>Nudeln (1)<br>Bechamélsoße (1,7)<br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Schnitzel vom Schwein (1)<br>Kartoffelgratin (7)<br>Orangen-Pfeffersoße<br>(7,9,10)<br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>Möhren-<br>Sesamstick (1,11)<br>Nudeln (1)<br>Bechamélsoße (1,7)<br>Gemüse/Salatbeilage/Dessert | <b><u>Salatteller</u></b><br>frei nach<br>Wahl<br>am<br>Salatbuffet |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|

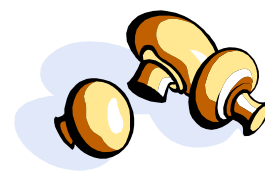
## Donnerstag

|                                                                                                                 |                                                                                                            |                                                                                                            |                                                                     |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Fischfrikadelle (1,4)<br>Gemüsereis<br>Kräutersoße (1,7)<br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Omelette (3,7)<br>Salzkartoffeln<br>Tomatensoße (1)<br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>Blumenkohl-<br>Mangocurry<br>Gemüsereis<br>Gemüse/Salatbeilage/Dessert | <b><u>Salatteller</u></b><br>frei nach<br>Wahl<br>am<br>Salatbuffet |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|

## Freitag



|                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hot Dog (1)</b><br>- Geflügelwürstchen (16,17,19)<br>- vegetarische Bockwurst (6)<br>Gurkenscheiben / Röstzwiebeln<br>Joppiesoße (1,3,9,10,15,16) / Ketchup<br>Salatbeilage / Dessert |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Änderungen vorbehalten!

Mensa der Städt. Gesamtschule Fröndenberg/Ruhr, Im Wiesengrund 7, 58730 Fröndenberg/Ruhr

**Essenausgabe: 12:25 Uhr bis 14.00 Uhr**

\*Kennzeichnungspflichtige Zutatenliste im Aushang der Mensa