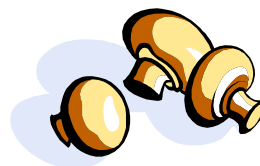


# Speiseplan

vom 28.09.2026 bis 02.10.2026



## Montag

|                                                                                                          |                                                                                                                                             |                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Lasagne al forno (1,7)<br>(Rinderhackfleisch)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Möhreneintopf (9)<br>- Geflügelwurst (16,17,19)<br>- vegetarisch<br>Brötchen (1)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>vegetarische<br>Lasagne al forno<br>(1,6,7,9)<br>(Vegetarische Bolognese)<br><br>Gemüse/Salatbeilage/Dessert |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|

## Dienstag

|                                                                                                                                              |                                                                                                                                                      |                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Hähnchen-<br>geschnetzeltes<br>„indisch“ (1,7)<br>(Äpfel & Ananas)<br>Basmatireis<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>gebratener<br>Fleischkäse<br>(Schwein) (16,17)<br>Kartoffelpüree (7)<br>Bratensoße (9,10)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>Frühlingsrolle (1,9)<br>Basmatireis<br>fruchtige<br>Currysoße (1,7)<br><br>Gemüse/Salatbeilage/Dessert |
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## Mittwoch - Schnitzeltag-

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|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Hähnchenschnitzel (1)<br>Röstitaler<br>Béchamelsoße (1,7)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Schnitzel vom Schwein (1)<br>Nudeln (1)<br>Rahmsoße (7,9,10)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>Brokkoli-<br>Nuss-Ecke (1,8)<br>Röstitaler<br>Béchamelsoße (1,7)<br><br>Gemüse/Salatbeilage/Dessert |
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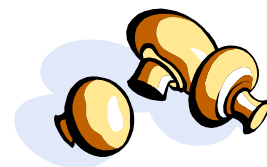
## Donnerstag

|                                                                                                              |                                                                                                                            |                                                                                                               |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b><u>Menü 1</u></b><br>Backfisch (1,4)<br>Reis<br>Schnittlauchsoße (1,7)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Menü 2</u></b><br>Eieromelette (3,7)<br>Salzkartoffeln<br>pikante Tomatensoße (1)<br><br>Gemüse/Salatbeilage/Dessert | <b><u>Vegetarisches Menü</u></b><br>Blumenkohl-<br>Mango-Curry (7)<br>Reis<br><br>Gemüse/Salatbeilage/Dessert |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|

## Freitag



|                                                                                                                                                                                   |
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| <b>Farfalle (1)</b><br>- Tomaten-Basilikumsoße (1)<br>- Käsesoße (1,7)<br><br>- geriebener Gouda (7)<br>- Parmesan (7)<br>- Putenschinken (16,17,19)<br><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