

MENU

week 27

29.06-03.07

PLATO

MONDAY

29.06.2026

REGULAR

Pulled Pork, Rice Noodles, Cabbage, Edamame, Cucumber, Fresh Herbs, Coriander Dressing

Protein: Pulled pork, Edamame

Contains: Soy, Sesame

Calories ~780 kcal

Protein ~40g / Carbs ~80g / Fats ~28g

Focaccia sandwich/wrap: Pulled pork, cabbage

vegan

Rice Noodles, Cabbage, Edamame, Tofu, Cucumber, Fresh Herbs, Coriander Dressing

Protein: Edamame, Tofu

Contains: Soy, Sesame

Calories ~760 kcal

Protein ~32g / Carbs ~82g / Fats ~22g

Focaccia sandwich/wrap: Tofu, cabbage

PLATO · CATERING

TUESDAY

30.06.2026

REGULAR

Mushroom Creamy Pasta, Truffle Sauce, Italian Mortadella, Zucchini

Protein: Mortadella

Contains: Wheat, Milk

Calories ~790 kcal

Protein ~36g / Carbs ~82g / Fats ~34g

Focaccia sandwich: Mortadella, truffle mushrooms

vegan

Mushroom Creamy Pasta, Truffle Sauce, Zucchini, Vegan Meatballs

Protein: Vegan Meatballs

Contains: Wheat

Calories ~770 kcal

Protein ~30g / Carbs ~84g / Fats ~26g

Focaccia sandwich: Vegan meatballs, truffle mushrooms

PLATO · CATERING

Wednesday

01.07.2026

REGULAR

Scampi, Satay Dressing, Fresh Tabouleh, Sweet Potatoes, Tomatoes, Peanuts

Protein: Scampi

Contains: Shellfish, Peanuts, Wheat, Soy, Sesame

Calories ~760 kcal

Protein ~38g / Carbs ~72g / Fats ~28g

Focaccia sandwich/wrap: Scampi, tomatoes. Sweet potatoes

vegan

Satay Dressing, Fresh Tabouleh, Sweet Potatoes, Tomatoes, Tofu, Peanuts

Protein: Tofu

Contains: Soy, Peanuts, Soy, Sesame

Calories ~750 kcal

Protein ~32g / Carbs ~72g / Fats ~28g

Focaccia sandwich/wrap: Tofu, Tomatoes, sweet potatoes

PLATO · CATERING

THURSDAY

02.07.2026

REGULAR

Cottage Cheese Bowl, Cucumber, Roasted Potatoes and Onions, Quinoa, Herbs Dressing

Protein: Cottage cheese, Quinoa

Contains: Milk

Calories ~730 kcal

Protein ~30g / Carbs ~68g / Fats ~26g

Focaccia sandwich: Cottage cheese, cucumber

VEGAN

Cucumber, Roasted Potatoes and Onions, Quinoa, Herbs Dressing, Hummus

Protein: Quinoa, Hummus

Contains: Sesame

Calories ~730 kcal

Protein ~30g / Carbs ~72g / Fats ~24g

Focaccia sandwich/wrap: Hummus, cucumber

PLATO · CATERING

FRIDAY

03.07.2026

REGULAR

Chicken Wrap with Rice, Beans, Tomatoes, Sweet Potato, Chili Mayo, coriander

Protein: Chicken, Beans

Contains: Wheat

Calories ~800 kcal

Protein ~42g / Carbs ~86g / Fats ~30g

vegan

Wrap with Rice, Beans, Tofu, Tomatoes, Sweet Potato, Chili Vegan Mayo, coriander

Protein: Beans, Tofu

Contains: Wheat, Soy

Calories ~790 kcal

Protein ~32g / Carbs ~88g / Fats ~26g

PLATO · CATERING