

MENU

week 38

14.09-18.09

PLATO

MONDAY

14.09.2026

REGULAR

Crispy Herb Chicken, Pasta, Tomato & Rocket Salad,
Parmesan, Lemon Dressing

Protein: Chicken, Parmesan

Contains: Wheat, Milk

Calories ~680 kcal

Protein ~40g / Carbs ~75g / Fats ~22g

Focaccia sandwich: Crispy chicken, tomato, rocket

vegan

Crispy Herb White Beans, Pasta, Tomato & Rocket Salad,
Vegan Cheese, Lemon Dressing

Protein: Chickpeas, Vegan Cheese

Contains: Wheat

Calories ~680 kcal

Protein ~28g / Carbs ~88g / Fats ~22g

Focaccia sandwich: White bean salad, tomato, rocket

PLATO · CATERING

TUESDAY

15.09.2026

REGULAR

Bulgur, Salmon, Cucumber-Mango Salad, Pickled Onion, Thai Dressing

Protein: Salmon

Contains: Wheat, Fish, Soy, Sesame

Calories ~650 kcal

Protein ~38g / Carbs ~68g / Fats ~22g

Wrap: Salmon, cucumber, mango

vegan

Bulgur, Crispy Tofu, Cucumber-Mango Salad, Pickled Onion, Thai Dressing

Protein: Tofu

Contains: Wheat, Soy, Sesame

Calories ~640 kcal

Protein ~32g / Carbs ~72g / Fats ~22g

Wrap: Crispy tofu, cucumber, mango

PLATO · CATERING

Wednesday

16.09.2026

REGULAR

Bibimbap Bowl, Rice, Fried Egg, Kimchi, Sprouts, Gochujang, Coriander

Protein: Egg

Contains: Eggs, Soy

Calories ~620 kcal

Protein ~25g / Carbs ~85g / Fats ~18g

Wrap: Fried egg, kimchi, sprouts, rice

vegan

Bibimbap Bowl, Rice, Tofu Scramble, Kimchi, Sprouts, Gochujang, Coriander

Protein: Tofu

Contains: Soy

Calories ~650 kcal

Protein ~30g / Carbs ~88g / Fats ~18g

Wrap: Tofu scramble, kimchi, sprouts, rice, coriander

PLATO · CATERING

THURSDAY

17.09.2026

REGULAR

Tabouleh Salad, Tuna, Grilled Peppers, Herbs, Harissa Mayo

Protein: Tuna

Contains: Wheat, Fish, Eggs, Mustard

Calories ~600 kcal

Protein ~35g / Carbs ~62g / Fats ~20g

Focaccia sandwich: Tuna, grilled peppers, harissa mayo

vegan

Tabouleh Salad, Chickpeas, Grilled Peppers, Herbs, Harissa Vegan Mayo

Protein: Chickpeas

Contains: Wheat

Calories ~610 kcal

Protein ~27g / Carbs ~72g / Fats ~22g

Focaccia sandwich: Chickpea salad, grilled peppers, harissa mayo

PLATO · CATERING

FRIDAY

18.09.2026

REGULAR

Chili con Carne, Sweet Potatoes, Rice, Coriander

Protein: Beef, Beans

Contains: -

Calories ~670 kcal

Protein ~38g / Carbs ~72g / Fats ~22g

Wrap: Beef, sweet potato, rice, coriander

vegan

Chili Sin Carne, Sweet Potatoes, Beans, Coriander

Protein: Beans, Vegan beef

Contains: Soy

Calories ~650 kcal

Protein ~30g / Carbs ~88g / Fats ~18g

Wrap: Vegan beef, sweet potato, rice

PLATO·catering