

MENU

week 43

19.10-23.10

PLATO

MONDAY

19.10.2026

REGULAR

Autumn Chicken Bowl

Roasted Chicken, Beetroot, Crisp Apple, Orange, Bulgur, Avocado, Fresh Herbs, Pecan Nuts, Whole-Grain Mustard-Orange Dressing

Protein: Chicken

Contains: Gluten, Mustard, Pecan Nuts

Calories ~650 kcal

Protein ~42g / Carbs ~70g / Fats ~18g

Focaccia sandwich: Roasted chicken, beetroot, apple, mustard-orange dressing

vegan

Autumn Chickpea Bowl

Roasted Chickpeas, Beetroot, Crisp Apple, Orange, Bulgur, Avocado, Fresh Herbs, Pecan Nuts, Whole-Grain Mustard-Orange Dressing

Protein: Chickpeas

Contains: Gluten, Mustard, Pecan Nuts

Calories ~620 kcal

Protein ~22g / Carbs ~92g / Fats ~16g

Focaccia sandwich: Roasted chickpea salad, beetroot, avocado, mustard-orange dressing

PLATO · CATERING

TUESDAY

20.10.2026

REGULAR

Cottage Cheese Protein Bowl
Cottage Cheese, Roasted Sweet Potato, Crispy Chickpeas, Kale, Pickled Red Onion, Pumpkin Seeds, Lemon-Herb Dressing

Protein: Cottage Cheese, Chickpeas
Contains: Milk

Calories ~620 kcal
Protein ~34g / Carbs ~55g / Fats ~27g

Focaccia sandwich: Cottage cheese, kale, sweet potato

vegan

Vegan Sweet Potato Protein Bowl
Scrambled Tofu, Roasted Sweet Potato, Kidney Beans, Kale, Pickled Red Onion, Pumpkin Seeds, Lemon-Herb Dressing

Protein: Tofu, Kidney Beans
Contains: Soy

Calories ~640 kcal
Protein ~32g / Carbs ~58g / Fats ~28g

Focaccia sandwich: Scrambled tofu, roasted sweet potato, kale

PLATO · CATERING

Wednesday

21.10.2026

REGULAR

Salmon Poke Bowl

Salmon, Sushi Rice, Edamame, Carrot, Cucumber, Radish, Spring Onion, Ginger-Lime Soy Dressing

Protein: Salmon, Edamame

Contains: Fish, Soy, Sesame

Calories ~680 kcal

Protein ~38g / Carbs ~72g / Fats ~24g

Wrap: Salmon, rice, carrot, cucumbers

vegan

Vegan Poke Bowl

Marinated Tofu, Sushi Rice, Edamame, Carrot, Cucumber, Radish, Spring Onion, Ginger-Lime Soy Dressing

Protein: Tofu, Edamame

Contains: Soy, Sesame

Calories ~670 kcal

Protein ~32g / Carbs ~76g / Fats ~22g

PLATO · CATERING

THURSDAY

22.10.2026

REGULAR

Mediterranean Aubergine & White Beans
Roasted Aubergine, Red Peppers, White Beans in Rich
Tomato Sauce, Pasta, Crumbled Feta, Fresh Basil

Protein: White Beans, Feta

Contains: Milk, Gluten

Calories ~650 kcal

Protein ~25g / Carbs ~76g / Fats ~24g

Focaccia sandwich: Mediterranean roasted aubergine, feta, fresh herbs

vegan

Mediterranean Aubergine & White Beans
Roasted Aubergine, Red Peppers, White Beans in Rich
Tomato Sauce, Pasta, Fresh Basil

Protein: White Beans

Contains: Gluten

Calories ~610 kcal

Protein ~22g / Carbs ~88g / Fats ~16g

Focaccia sandwich: Mediterranean White Beans, roasted aubergine, fresh
herbs

PLATO · CATERING

FRIDAY

23.10.2026

REGULAR

Vietnamese Lemongrass Pork
Lemongrass Pork, Rice Noodles, Carrot and Cucumber
Salad, Fresh Herbs, Sprouts, Peanuts, Sweet Chili Sauce

Protein: Pork

Contains: Soy, Sesame, Peanuts

Calories ~660 kcal

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

Wrap: Lemongrass pork, rice noodles, crunchy vegetables, fresh herbs,
Sweet Chili Sauce

vegan

Vietnamese Lemongrass Mince
Lemongrass Vegan Mince, Rice Noodles, Carrot and
Cucumber Salad, Fresh Herbs, Sprouts, Peanuts, Sweet
Chili Sauce

Protein: Vegan mince

Contains: Soy

Calories ~650 kcal

Protein ~30g / Carbs ~78g / Fats ~20g

Wrap: Lemongrass Vegan Mince, rice noodles, crunchy vegetables, fresh
herbs, sweet chili sauce

PLATO · CATERING