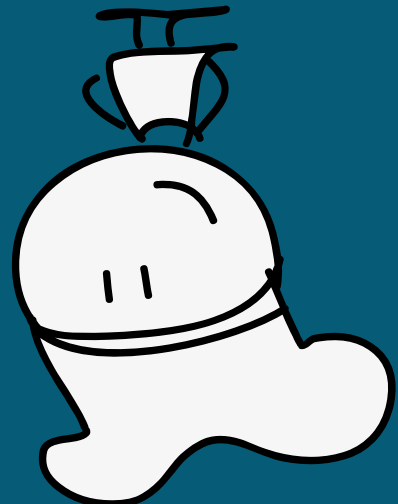
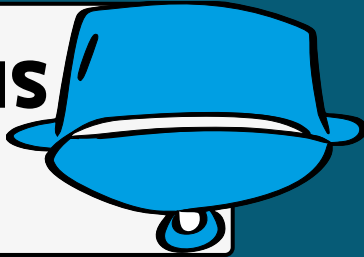


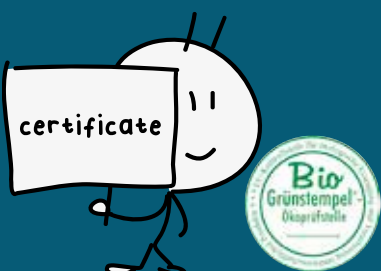
SEPTEMBER 2026 MENU



ENJOY
YOUR MEAL!

Information regarding our fully organic menu

Our organic dishes are free of flavour enhancers, aromas, stabilisers and sweeteners. The officially protected organic label helps to identify organically cultivated foodstuffs. The organic label creates consistency, clarity and provides guidance; if it says "organic" on the label, you can be sure that it really is organic.



SERVICE HOTLINE 0341. 44 82 110

GFB Catering GmbH

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Our special meal offer

Due to our many years of experience and consistent ongoing training, we prepare special meals for our customers according to their personal needs and requirements. These special meals are available for all types of allergies, intolerances, metabolic conditions and for customers from different cultural backgrounds, who don't eat pork or beef, for example. In order to safely create wholesome anti-allergy meals, we require a medical certificate.

We supply our special meals with individual delivery notes in food compartment trays with name labels. Our special meals department creates a menu plan that is specifically tailored to the customer; they can choose from either a monthly or a weekly menu plan as required.

Using our special food, our dietician assistants prepare fresh and wholesome meals daily.

Allergen information

We would like to point out that during the complex flow of goods in food production (harvesting, transport, storage, production, packaging...) the possibility of cross-contamination and product transfer cannot generally be ruled out. It is therefore not possible for us to guarantee the complete absence of possible allergens in the regular food supply. If you are dependent on allergen-free food, we would be happy to refer you to our special food offer.

The product may contain the following allergens and products thereof:

- I grains containing gluten**
or hybrids created using them
 - Ia wheat
 - Ib rye
 - Ic barley
 - Id oats
 - Ie spelt
 - If kamut
- II crustaceans**
- III eggs**

- IV fish**
- V peanuts**
- VI soya beans**
- VII milk (includes lactose)**
- VIII nuts**
 - VIIIa almonds
 - VIIIb hazelnuts
 - VIIIc walnuts
 - VIIId cashew nuts
 - VIIIe pecans
 - VIIIf Brazil nuts
 - VIIIh macadamia or Queensland nuts
 - VIIIj pine nuts
 - VIIIz pistachios
- IX celery**
- X mustard**
- XI sesame seeds**
- XII sulphur dioxide and sulphites**
in a concentration of more than 10 mg/kg or 10 mg/l
- XIII lupin**
- XIV molluscs**

Information on the use of additives

We do not use any additives that require labeling. Foods that already contain additives from the manufacturer (supplier), such as: B. Nitrite curing salt in ham products or Kassler, are clearly shown directly on the corresponding product in accordance with the additive's regulation. No genetically modified ingredients are used.

Information on the use of additives

- 1) contains preservatives
- 2) contains colouring agents
- 3) contains antioxidants
- 4) contains nitrate curing salts
- 5) contains phosphates
- 6) contains flavour enhancers
- 7) contains sulphates
- 8) contains nitrates
- 9) contains sweeteners
- 10) blackened
- 11) waxed
- 12) contains caffeine
- 13) contains quinine
- 14) contains milk proteine
- 15) contains phenylalanine
- 16) contains alcohol
- 17) Excessive consumption may cause a laxative effect.
- 18) contains liquid seasoning

** caught in the wild

This is how we label our dishes:

-  vegetarian dish
-  contains poultry
-  contains beef
-  contains pig
-  contains vension
-  contains fish
practically boneless
-  contains lamb

GFB: GENUINE FOOD BLISS

**SERVICE HOTLINE
0341. 44 82 110**

customer number

full name

institution

ORDER FORM FOR SEPTEMBER 2026

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DGE-menu

classic menu

organic vegetarian m.

fresh line

ORDER
ONLINE: www.gfb-catering.com or HAND IN THIS NOTE: at the food counter

Information for schools with salad bars: The raw food salads, fruit and drinks on the menu for the DGE menus and classic meals do not apply. Instead, these schools provide fresh food from their salad bars every day (exception: organic vegetarian menu).

	DGE-MENU DGE = Deutsche Ges. für Ernährung e.V. (German Nutrition Society)	CLASSIC MENU	 ORGANIC VEGETARIAN MENU from 100% ORGANIC ingredients	FRESH LINE
TUE 01.09.	Vegetable curry with carrots, cauliflower, peas with brown rice and feta, tomato salad with red onions  Ia, VII	Broccoli nut slice with colorful creamed carrots, served with herb potatoes, tomato salad with red onions  Ia, Id, VII, VIIIb	Penne with ratatouille (bell pepper, zucchini, eggplant), cucumber salad  Ia, VII	Lentil salad with bell pepper, cucumber, tomato and salad cheese, pastries  Ia, VII
WED 02.09.	Rice pudding with sugar and cinnamon, cucumber salad  VII	Fried fish of Alaska pollock with tomato sauce and mashed potatoes, cucumber salad  Ia, IV, III, VII	Pasta with colorful vegetable (beans, cauliflower, carrots) with curry cream, cherry yoghurt  Ia, VII	Colorful couscous salad with bell peppers and cucumber, chocolate pudding  Ia, VII
THURS 03.09.	Wholemeal Spirelli with tomato mozzarella sauce, mango yoghurt  Ia, VII	Vegetable croquettes with chive cream cheese sauce, served with wholemeal herb rice, mango yoghurt  Ia, III, VII	Wholemeal spirelli with vegetable bolognese, raw white cabbage  Ia, VII, IX	Salad plate "Exotik" Lettuce, cucumber, tomato, crispy chicken strips, pineapple and yoghurt pepper dressing, served with wholemeal bread, mango yoghurt  Ia, Ib, VII
FRI 04.09.	Salmon cubes in lemon dill sauce with peas, served with rice, plum  Ia, IV, VII	Quarkkeulchen Sweet quark fritters with apple sauce, plum  Ia, III, VII	Pasta stew with carrots, peas, celery and leeks, served with rye bread, banana  Ia, Ib	Potato salad with mustard dressing, radishes, leeks, served with a vegetarian medallion, plum  Ia, III, VII
MON 07.09.	Colorful chicken ragout with carrots, salsify and beans, served with herb rice, apple  Ia, VII	Colorful egg fricassee with peas, cauliflower and carrots, served with parsley potatoes, apple  Ia, VII	Penne with vegetable cream sauce (sugar snap peas, carrots and cauliflower), served with grated cheese, banana  Ia, VII	Farmer's salad with salad cheese, cucumber, tomatoes, olives ⁽⁷⁾ and red onions, served with roll, apple  Ia, VII
TUE 08.09.	Wholemeal penne with spinach and ricotta sauce, raw white cabbage and carrot salad with yoghurt dressing  Ia, VII	Salmon cubes in orange butter sauce, served with herb brown rice and colorful carrots, raw white cabbage and carrot salad with yoghurt dressing  Ia, IV, VII	Steamed dumplings with vanilla poppy seed sauce, cucumber salad  Ia, III, VII	Colorful couscous salad with bell pepper, arugula, chickpeas and diced tomatoes, served with yoghurt dip, pastries  Ia, VII
WED 09.09.	Colorful vegetable stew made from carrots, celery, peas and diced potatoes, served with wholemeal bread, tomato and cucumber salad  Ia, Ib, VII	Bent spaghetti with sausage goulash ^(1,3,5) , tomato and cucumber salad  Ia, IX	Sweet potato curry with bell peppers and spinach, served with brown rice, apple  Ia, VII	Colorful potato salad with carrots, red onions, cucumbers and herbs with vinegar oil dressing, strawberry quark dessert  VII
THURS 10.09.	Pollock cubes in honey-mustard sauce with peas and cauliflower, served with brown rice, blueberry quark dessert  Ia, IV, VII	Chicken strips with summer vegetables (cauliflower, carrots, peas, beans), served with brown rice, blueberry quark dessert  Ia, VII	Bent spaghetti with tomato cream sauce cucumber salad  Ia, VII	Salad platter with beef cevapcici and herb dip, served with roll, blueberry quark dessert  Ia, VII
FRI 11.09.	Potatoes with dill quark, served with cucumber salad, apricot  VII	Vegetable schnitzel with carrot cream sauce, served with bulgur, raw white cabbage and carrot salad with yoghurt dressing  Ia, III, VII	Wholemeal penne with colorful vegetable strips of leek, carrots and zucchini, served with tomato herb sauce, raw white cabbage salad  Ia	Colorful Spirelli pasta salad with tomato, cucumber, radishes, parsley and vinegar oil dressing, apricot  Ia
MON 14.09.	Sweet and sour lentil stew with carrots, celery and leek, served with wholemeal bread, apple  Ia, Ib, IX	Whole wheat spaghetti, served with diced salmon and spinach in cream sauce, apple  Ia, IV, VII	Sweet potato and chickpea stew with sour cream, served with wholemeal bread, fruit  Ia, Ib, VII	Potato salad with bell pepper, gherkin ⁽⁹⁾ and yoghurt dressing, apple  VII
TUE 15.09.	Spaghetti with diced tomatoes in Mozzarella tomato sauce, raw carrot salad  Ia, VII	Chicken schnitzel with gravy, peas and parsley potatoes, raw carrot salad  Ia, III, VII	Penne in creamy paprika sauce with fresh herbs, strawberry yoghurt  Ia, VII	Salad Plate "Mexico" Lettuce, cucumber, tomato with kidney beans, corn and yoghurt lime dressing, pastries  Ia, VII
WED 16.09.	Marinated herring ^(1, 9, 13) with yoghurt sauce and herb potatoes, cucumber salad with dill  III, IV, VII	Vegetarian stuffed bell pepper in tomato sauce, served with herb potatoes, cucumber salad with dill  Ia	Semolina porridge with hot plums, tomato salad  Ia, VII	Bulgur salad with chickpeas, colorful vegetables and a mix of grains, stawberry quark dessert  Ia, VII, VIIIj
THURS 17.09.	Chicken fricassee with carrots and peas, served with rice, stawberry quark dessert  Ia, VII	Vegetable stir-fry of carrots, bell peppers and beans with wholemeal penne, served with cream cheese and herb sauce, stawberry quark dessert  Ia, VII	Potato stew with carrots and celery, served with wholemeal bread, apple  Ia, Ib, VII	Sausage salad with cheese Slices of Jagdwurst ^(1,3,5) and cheese, served with roll, stawberry quark dessert  Ia, VII
FRI 18.09.	Vegetable patty, served with black salsify in cream cheese sauce and brown rice, plum  Ia, III, VII	Egg fricassee with cauliflower, carrots and peas in herb mustard sauce with potatoes, plum  Ia, VII	Spirelli with tomato and herb sauce, pear  Ia	Pasta salad in mayonnaise, with colorful raw vegetables, turkey wiener ^(1,3,5) , plum  Ia, III, VII
MON 21.09.	Lentil and spinach curry, with herb rice, pear  Ia	Pollock ragout with herb cream cheese sauce, broccoli vegetables and bulgur, pear  Ia, IV, VII	Bent spaghetti with tomato ricotta sauce and grated cheese, apple  Ia, VII	Mie noodle salad with asian vegetables, sweet chili sauce and two small spring rolls, pear  Ia, VI, IX
TUE 22.09.	Spaghetti with chicken bolognese and vegetable cubes of carrots, celery, leeks, cucumber and radish salad  Ia	Potatoes, quark with dill and butter, cucumber and radish salad  VII	Oat and carrot patty with parsley sauce, served with boiled potatoes, apricot  Ia, VII	Salad plate with breaded salad cheese, served with tzatziki, pastries  Ia, VII
WED 23.09.	Scrambled eggs with herb potatoes and creamy spinach, cucumber salad with dill  Ia, VII	Spirelli with turkey goulash and bell peppers, stawberry yoghurt  Ia, VII	Potato dumplings with colorful vegetables (peas, beans, cauliflower), served with herb cream cheese sauce, cucumber salad with dill  Ia, III, VII	Exotic chicken salad with pineapple and tangerine, served with mixed leaf salad and bun, chocolate pudding  Ia, VII
THURS 24.09.	Penne with lentil bolognese from carrot, celery, leek, served with grated cheese, woodruff quark dessert  Ia, VII	Poultry patty with black salsify cream sauce, served with mashed potatoes, woodruff quark dessert  Ia, III, VII	Macaroni chips served with spinach sauce with salad cheese and diced tomatoes, cucumber salad  Ia, VII	Colorful salad platter with various raw vegetables, herb croutons and egg garnish, woodruff quark dessert  Ia, VII, IX
FRI 25.09.	Pollock cubes in herb sauce with colorful vegetable strips (carrots, celery, leeks) and brown rice, peach  Ia, IV, VII	Asia vegetables (mung beans, Mu-Err mushrooms and carrots) in sweet and sour sesame sauce, served with short spaghetti, peach  Ia, VI	Pancakes with applesauce, tomato salad  Ia, III, VII	Salad plate with filled potato pockets, served with sweet and sour dip, peach  VII
MON 28.09.	Vegetable stew mexican-style with tomatoes, bell peppers, kidney beans and brown rice, pear  Ia	Semolina porridge with hot pears, pear  Ia, VII	Soy fricassee with peas and carrots, served with rice, banana  Ia, VII	Homemade pasta salad Wholemeal penne with corn, pineapple and yoghurt dressing, apple  Ia, III
TUE 29.09.	Wholemeal pasta with with bolognese made from soy, carrots, celery and leeks, raw white cabbage and tangerine salad  Ia	Chicken meatballs in caper sauce, served with parsley potatoes, raw white cabbage and tangerine salad  Ia, III, VII	Colorful pasta stew with vegetable cubes of carrots, celery and leeks, wholemeal rye bread, tomato salad  Ia, Ib, VII	Farmer's salad with salad cheese, cucumbers, tomatoes, olives ⁽⁷⁾ and red onions, served with roll, pastries  Ia, VII
WED 30.09.	White cabbage stew with potato pieces, carrots and leeks, served with wholemeal rye bread, cucumber salad with yoghurt dressing  Ia, Ib, VII, IX	Yeast dumplings, served with vanilla sauce cucumber salad with yoghurt dressing  Ia, III, VII	Wholemeal penne with red pesto and grated Gouda cheese, apple  Ia, VII, VIII	Potato salad with bell pepper, cucumber and mustard dressing, a turkey schnitzel, chocolate pudding  Ia, III, VII

No liability is accepted for typographical errors. Subject to change.