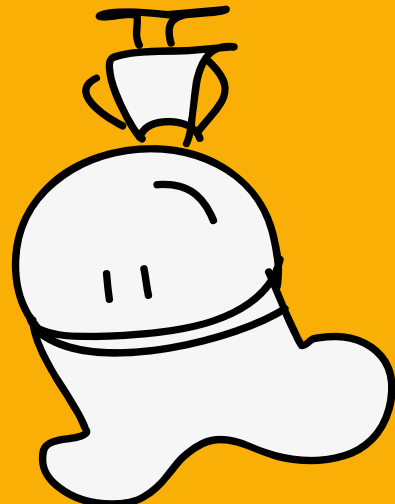
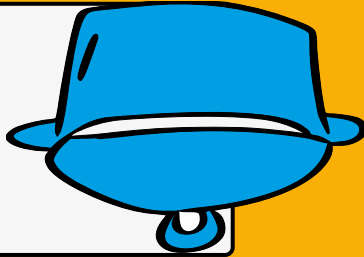


OCTOBER 2026
MENU



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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Südring 501, 09125 Chemnitz

Tel.: 0341. 44 82 110

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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
VIId cashew nuts
VIIIe pecans
VIIf 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:



contains fish



contains poultry



contains lamb



contains beef



contains pork



contains vension



vegetarian dish



vegan dish

SERVICE HOTLINE:
0341 44 82 110



GFB: GENUINE
FOOD BLISS



customer number

full name

institution

ORDER FORM FOR OCTOBER 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
THURS 01/10/26	Creamed spinach with potatoes and eggs, woodruff quark la, VII 	Fried fish from pollock, with dill sauce, served with potato- carrot puree, woodruff quark la, IV, VII 	Pasta with gorgonzola and spinach sauce, cucumber salad < la, VII > 	Chef's salad Mixed raw vegetable salad (lettuce, to- mato, cucumber) with turkey ham ^(1,3,5) and egg, cocktail sauce, woodruff quark la, VII 
FRI 02/10/26	Stir-fried Bulgur with vegetables (carrots, peas, toma- toes) and strips of chicken, served with cheese sauce, pear la, VII 	Vegetable schnitzel with herb cream cheese sauce, served with brown rice, pear la, III, VII 	Spirelli with tomato cream sauce, apple la, VII 	Colorful rice salad with corn, peas and a chicken patty, pear la, III, VII 
MON 05/10/26	Chili sin carne with kidney beans and corn and brown rice, plum la, VI 	Pork goulash with red cabbage and herb potatoes, plum la, X 	Pasta stew with colorful vegetables (carrots, leeks, peas), served with rye bread, apple la, Ib, IX 	Mixed salad plate with lettuce, cucumber, tomato, cheese strips and egg, served with yoghurt dressing, plum la, VII 
TUE 06/10/26	Gnocchi with spinach cream cheese sauce, raw red cabbage salad la, III, VII 	Marbled yeast dumplings with vanilla sauce, raw red cabbage salad la, III, VI, VII, VIIa 	Penne served with tomato-basil cream sauce, fruit quark la, VII 	Baked potato pockets with mixed leaf salad and quark dip, pastries la, VII 
WED 07/10/26	Boiled turkey meatball in herb sauce, served with colorful carrots and potatoes, tomato salad la, III, VII 	Colorful noodles with Gorgonzola sauce, tomato salad la, VII 	Rice pudding with applesauce, pear VII 	Spaghetti salad with red pesto, feta cheese and arugula, vanilla pudding la, VII, VIII 
THURS 08/10/26	Pollock cubes in broccoli cream cheese sauce, served with wholemeal penne, raspberry quark la, IV, VII 	Boiled eggs in mustard sauce, served with potatoes, raspberry quark la, VII 	Scrambled eggs with chives, served with parsley potatoes, cucumber salad VII 	Salad platter gardener's style Mixed leaf salads, cucumbers, tomatoes and corn with herb dressing, raspberry quark VII 
FRI 09/10/26	Stir-fried vegetables with carrots, beans, cauliflower, soy and chives, served with cheese sauce and potatoes, apple la, VII 	Fork spaghetti with poultry Bolognese apple la, IX 	Rice stew with soup vegetables (carrots, beans, leeks), served with rye bread, strawberry quark la, Ib, VII, IX 	Couscous salad with beetroot, corn, feta and chicken strips, apricot la, VII 
MON 12/10/26 Holidays SN	Vegetable cream soup with carrots, celery, leek and diced po- tatoes, served with wholemeal bread, kiwi la, Ib, VII 	Chicken fricassee with colorful vegetables, served with brown rice, kiwi la, VII 	Penne with paprika cream sauce and grated Gouda cheese, apple la, VII 	Potato salad with bell pepper, cucumber and yogurt dressing, served with turkey schnitzel, kiwi la, III, VII 
TUE 13/10/26 Holidays SN	Rice pudding with hot strawberries, raw white cabbage salad VII 	Breaded fried fish with mustard-dill sauce and parsley potatoes, raw white cabbage salad la, IV, VII 	Broken spaghetti with soy bolognese, cucumber salad la, IX 	Garden mix salad platter Lettuce, cucumber, tomato and corn, served with veggie schnitzel and yo- gurt-dill dressing, pastries la, III, VII 
WED 14/10/26 Holidays SN	Chicken goulash with bell pepper and zucchini, served with forked spaghetti, cucumber and tomato salad la, X 	Wholemeal pizza with Gouda-mozzarella-mix, bell pe- per, carrots, broccoli and parsnip, cucumber and tomato salad la, VII, IX 	Vegetable patty, served with pepper vegetables in tomato sauce and potatoes, cherry yoghurt la, III, VII 	Pasta salad with corn, bell pepper, French dressing and chicken meatball, cherry yogurt la, III, VII 
THURS 15/10/26 Holidays SN	Soy strips with mushrooms in cream sauce, served with herb brown rice, cherry yoghurt la, VI, VII 	Yeast dumplings with vanilla sauce, cherry yoghurt la, III, VII 	Pasta with cheese and herb sauce, tomato and cucumber salad la, VII 	Gardener-style salad platter Mixed lettuce, cucumber, tomato and corn with beetroot, falafel balls and herb dressing, cherry yogurt VII 
FRI 16/10/26	Salmon cubes in herb sauce, with potatoes, peas and carrots, apple la, IV, VII 	Pasta stew with colorful vegetables from celery, carrots, leeks, served with wholemeal bread, apple la, Ib, IX 	Sweet potato curry with coconut milk and spinach, served with brown rice, strawberry quark la, VII 	Potato salad with bell pepper, cucumber and yogurt dressing, served with pork schnitzel, apple la, III, VII 
MON 19/10/26	Potato and carrot stew, served with wholemeal bread, pear la, Ib, VII 	Broken spaghetti with sausage goulash, pear la, IX X 	Colorful bulgur pan with vegetables (tomatoes, peppers, zucchini), served with tomato sauce, apple la 	Colorful couscous salad with feta, beetroot, vegetables and yogurt, pear la, VII 
TUE 20/10/26	Salmon cubes in lemon cream cheese sauce with peas, cauliflower and brown rice with herbs, cucumber salad with yoghurt dill dressing la, IV, III, VII 	Potatoes with butter and herb quark, cucumber salad with yoghurt dill dressing VII 	Spirelli with tomato sauce and grated cheese, peach la, VII 	Potato salad with bell pepper and pickled gherkin, served with fried pork patty and shredded raw carrot salad, pastries la, III, VII 
WED 21/10/26	Colorful egg fricassee with peas, cauliflower, carrots, served with parsley potatoes, raw red cabbage salad la, VII, X 	Quarkkeulchen (quark pancakes) with apple sauce, raw red cabbage salad la, III, VII 	Tortellini vegetable stir-fry with carrots, broccoli and tomatoes, served with herb sauce, raspberry quark la, VII 	Classic salad platter Lettuce, cucumber, tomato, corn with French dressing, cheese strips and egg garnish, served with bread roll, lemon yogurt la, VII 
THURS 22/10/26	Beef goulash with paprika, served with parsley potatoes, mango quark la, VII, X 	Penne with salmon and spinach, mango quark la, IV, VII 	Creamy tomato soup with rice, parsley and rye bread, cucumber salad la, Ib, VII 	Pasta salad with corn, bell pepper and pineapple, served with veggie balls, mango quark la, VII 
FRI 23/10/26	Wild salmon in curry mustard sauce with coloured rice (rice with corn and carrots), peach la, IV, VII 	Wholemeal spirelli with lentil bolognese (with celery, carrot and leek cubes), peach la 	Semolina porridge with hot strawberries, apple la, VII 	Colorful salad platter Lettuce, corn and cucumber with pan-fried turkey strips and balsamic dressing, served with bread roll, peach la 
MON 26/10/26	Pollock cubes in cream cheese sauce with lemon and dill, with colorful carrots and potatoes, apple la, IV, VII 	Potato soup with carrots, leeks, celery, served with wholemeal bread, apple la, Ib, VII, X 	Wholemeal pasta, served with spinach cream sauce, banana la, VII 	Colorful salad plate Salad mix, cucumber, tomato, corn and yoghurt herb dressing, apple VII 
TUE 27/10/26	Asian vegetables (carrots, leeks, bamboo shoots, mush- rooms) in sweet and sour sauce, served with rice, raw white and red cabbage salad la, VI, IX 	Turkey goulash, served with creamed kohlrabi and potatoes, raw white and red cabbage salad la, VII, X 	Polenta cheese crispy slices, served with tomato-zucchini herb sauce, strawberry yoghurt la, III, VII 	Wiener sausages ^(1,3,5) pork with potato salad with colorful pepper cubes, yogurt dressing and mustard, pastries la, III, VII 
WED 28/10/26	Chickpea curry with cauliflower, carrots and coconut milk, served with herb potatoes, raw cucumber and radish salad la, VII 	Tortellini s tuffed with spinach and ricotta, served with tomato sauce, raw cucumber and radish salad la, VII 	Kaiserschmarrn without raisins with vanilla sauce, apple la, III, VII 	Mixed salad with bell pepper, cucumber and toma- to, served with a vegetarian medallion, and dip, chocolate pudding la, III, VII 
THURS 29/10/26	Colorful vegetable stew with potatoes, beans, tomatoes, aubergines and peppers, served with rye bread, blueberry quark la, Ib, VII 	Pollock fish fingers with peas, tomato sauce and mashed potatoes, blueberry quark la, VII 	Spirelli with lemon basil sauce, cucumber salad la, VII 	Salad Plate Italia Leaf salads, arugula, tomatoes, moz- zarella and olives ⁽⁷⁾ , balsamic dressing, rolls, blueberry quark la, VII 
FRI 30/10/26	Marinated herring ^(1,9,13) in yoghurt sauce, served with herb potatoes, beetroot, banana III, IV, VII 	Noodles with poultry sausage goulash ^(1,3,5) , banana < la, IX, X > 	Rice pudding with cinnamon and sugar, tomato salad VII 	Pasta salad with mayonnaise, gherkin ⁽⁹⁾ , bell pep- per and corn, pork schnitzel, banana la, III, VII 

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