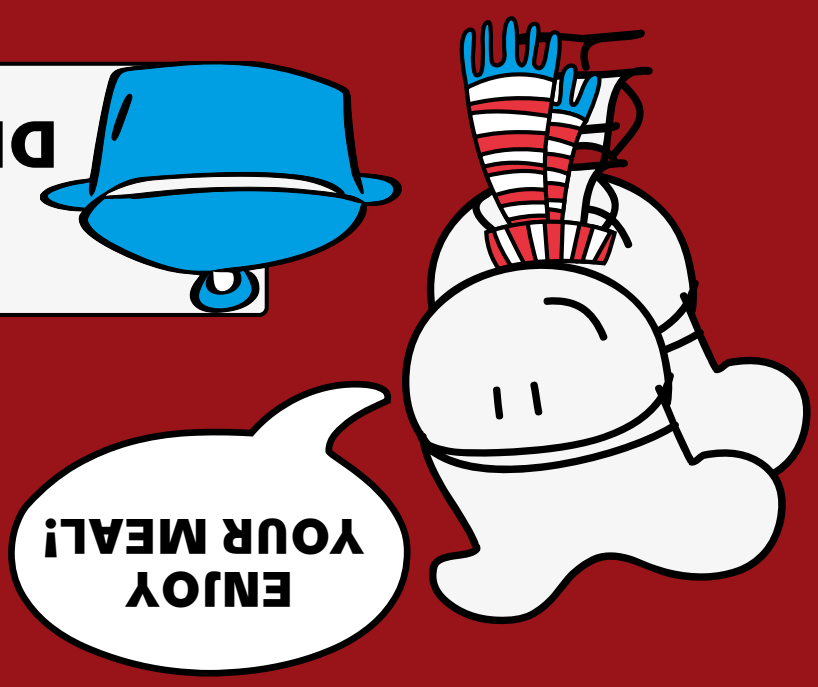
MENU DECEMBER 2026



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
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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:

enthält Fisch	enthält Geflügel
enthält Lamm	enthält Rind
enthält Schwein	enthält Wild
vegetarisch	vegan

SERVICE HOTLINE:
0341 44 82 110

GFB: GENUINE FOOD BLISS

customer number | | | | | | |

full name

institution

Class

ORDER FORM FOR DECEMBER 2026

KW	49				50					51					52					53			
	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th
	01	02	03	04	07	08	09	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31
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 01/12/26	**Wholegrain penne** with spinach ricotta sauce, and white cabbage and carrot slaw Ia, VII	**Poultry goulash** with red cabbage (3) and potatoes, and apple Ia, X	**Dampfnudeln** Steamed yeast dumplings with vanilla poppy seed sauce, and cucumber salad Ia, III, VII	**Colourful couscous salad** with peppers, rocket, chickpeas and diced tomatoes, with yogurt dip, and pastry Ia, VII
WED 02/12/26	**Vegetable stew** with carrot, celery, peas and diced potatoes, with wholegrain bread, and tomato and cucumber salad Ia, Ib, VII	**Short spaghetti** with sausage goulash (1, 3, 5), and tomato and cucumber salad Ia, IX, X	**Sweet potato curry** with peppers and spinach, with wholegrain rice, and fruit Ia, VII	**Colourful potato salad** with carrots, red onions, cucumber and herbs with vinaigrette, and strawberry quark dessert VII
THURS 03/12/26	**Pollock cubes** in honey mustard sauce with peas and cauliflower, with brown rice, and blueberry quark Ia, IV, VII	**Sliced chicken** with mixed vegetables (cauliflower, carrots, peas, beans), with potatoes, and blueberry quark Ia, VII, X	**Short spaghetti** with creamy tomato sauce, and cucumber salad Ia, VII	**Salad platter** with cucumber, tomato, beef cevapcici, with herb dip, bread roll, and blueberry quark Ia, III, VII
FRI 04/12/26	**Potatoes** with dill quark, with cucumber salad, and St. Nicholas Day surprise VII	**Chicken cordon bleu** (1, 3, 5) with gravy, peas and potatoes, and St. Nicholas Day surprise Ia, III, VII	**Wholegrain penne** with mixed vegetable strips (leek, carrots, courgette), with tomato herb sauce, and St. Nicholas Day surprise Ia	**Colourful spirelli pasta salad** with tomato, cucumber, radishes, parsley and vinaigrette, and St. Nicholas Day surprise Ia
MON 07/12/26	**Sweet and sour lentil stew** (diced carrots, celery and leek), with wholegrain bread, and apple Ia, Ib, , VII, IX	**Egg fricassee** with cauliflower, carrots, peas in herb mustard sauce with potatoes, and white cabbage and carrot slaw Ia, VII	**Penne** in creamy pepper sauce with fresh herbs, and fruit Ia, VII	**Potato salad** with peppers, pickled gherkin (9) and yogurt dressing, and apple VII
TUE 08/12/26	**Pasta** in mozzarella tomato sauce, and carrot salad Ia, VII	**Pork schnitzel** with peas, gravy and parsley potatoes, and carrot salad Ia, III, VII, X	**Creamy sweet potato soup** with carrots and coconut milk, with wholegrain bread, strawberry yogurt Ia, Ib, VII	**Salad plate "Mexico"** Leaf salad, cucumber, tomato with kidney beans, sweetcorn and yogurt lime dressing, and pastry Ia, VII
WED 09/12/26	**Marinated herring** (1, 9, 15) with yogurt sauce with herb potatoes, and cucumber and dill salad III, IV, VII	**Vegetarian stuffed pepper** in tomato sauce with rice, and cucumber and dill salad Ia, III	**Semolina pudding** with hot plums, and tomato salad Ia, VII	**Bulgur salad** with chickpeas, mixed vegetables and seed mix, and cucumber and dill salad Ia, VII, VIIIj
THURS 10/12/26	**Chicken fricassee** with carrots and peas, with rice, and berry quark Ia, VII	**Vegetable stir-fry** with carrots, peppers, beans and penne, with herb cream cheese sauce, and berry quark Ia, VII	**Potato stew** with carrots and celery, with wholegrain bread, and apple Ia, Ib, VII	**Cheese and sausage salad** Pork sausage strips (1, 3, 5) with red onions and pickled gherkin (9), with bread roll, and berry quark Ia, VII
FRI 11/12/26	**Vegetable patty** with salsify in cream cheese sauce, brown rice and fruit Ia, III, VII	**Szeged goulash** (pork with sauerkraut) with potatoes, and fruit Ia, X	**Pancakes** with apple sauce (3), and tomato salad Ia, III, VII	**Pasta salad** with mayonnaise, cucumber, peas and sweetcorn, turkey frankfurter (1, 3, 5), and fruit Ia, III, VII
MON 14/12/26	**Lentil and spinach curry,** with herb rice, and fruit Ia, VII	**Spirelli** with turkey goulash and peppers, and fruit < Ia, X>	**Short spaghetti** with tomato ricotta sauce and grated cheese, and apple Ia, VII	**Mie noodle salad** with Asian vegetables, sweet chili sauce, with spring roll, and fruit Ia, VI, IX, XI
TUE 15/12/26	**Spaghetti** with chicken bolognese and diced vegetables (carrot, celery, leek), and cucumber and radish salad Ia	**Potatoes** with dill quark, with butter, and cucumber and radish salad VII	**Pea stew** with diced carrots, celery and potatoes, with bread, and cherry quark < Ia, Ib, VII>	**Salad plate** with breaded white cheese, with tzatziki, and pastry Ia, VII
WED 16/12/26	**Scrambled eggs** with herb potatoes and creamed spinach, and tomato salad Ia, VII	**Fish fingers** with tomato sauce and sweet potato mash, and tomato salad Ia, III, VII	**Schupfnudeln** (potato noodles) with mixed vegetables (peas, beans, cauliflower), with herb cream cheese sauce, and strawberry yogurt Ia, III, VII	**Exotic chicken salad** with pineapple and mandarin, with mixed leaf salad and 1 bread roll, and tomato salad Ia, VII
THURS 17/12/26	**Penne** with lentil bolognese (carrot, celery, leek), with grated cheese, and woodruff quark Ia, VII	**Pork patty** with creamy salsify sauce, with mashed potatoes, and woodruff quark Ia, III, VII	**Makkaroni Chips,** spinach sauce with white cheese and diced tomatoes, and cucumber salad Ia, VII	**Mixed salad platter** with assorted raw vegetables, herb croutons and egg garnish, and woodruff quark Ia, VII, IX
FRI 18/12/26	**Pollock cubes** in herb sauce with mixed vegetable strips (carrots, celery, leek), with brown rice, and fruit Ia, IV, VII	**Chicken leg** with red cabbage (3), gravy and potatoes, and fruit < Ia, VII>	**Spirelli** with tomato herb sauce, and pear Ia	**Salad plate** with filled potato pockets, with sweet and sour dip, and fruit VII
MON 21/12/26 Holidays ST	**Mexican-style vegetable stew** with tomatoes, peppers, kidney beans, with wholegrain rice, and fruit Ia	**Semolina pudding** with hot pears, and fruit Ia, VII	**Pasta stew** with diced carrots, celery, leek, wholegrain rye bread, and banana Ia, Ib, VII	**Homemade pasta salad** with wholegrain penne, sweetcorn, pineapple and yogurt dressing, and apple Ia, III, VII
TUE 22/12/26 Holidays ST	**Wholegrain pasta** with soy bolognese (carrots, celery and leek), and white cabbage and mandarin slaw Ia	**Königsberger Klopse** (pork meatballs in caper sauce), with parsley and potatoes, and white cabbage and mandarin slaw Ia, III, VII	**Soy fricassee** with peas and carrots, with rice, and tomato salad Ia, VII	**Farmer's salad** with white cheese, cucumber, tomatoes, olives (7) and red onions, bread roll, and pastry Ia, VII
WED 23/12/26 Holidays SN, ST	**White cabbage stew** with potato chunks, carrots and leek, with wholegrain rye bread, and cucumber salad with yogurt dressing Ia, Ib, VII, IX	**Steamed yeast dumplings** with vanilla sauce, and cucumber salad with yogurt dressing Ia, III, VII	**Wholegrain penne** with red pesto and grated Gouda, and fruit Ia, VII, VIII	
THURS 24/12/26 Holidays SN, ST FRI 25/12/26 Holidays SN, ST	**Wishing you a peaceful and joyful Christmas and all the best for the New Year!**			
MON 28/12/26 Holidays SN, ST	**Chili sin carne** with kidney beans and sweetcorn, with wholegrain rice, and plum Ia, VI	**Creamy chicken goulash** with mushrooms, with herb potatoes, and plum Ia, VII, X	**Pasta stew** with mixed vegetables (carrots, leek, peas), rye bread, and apple Ia, Ib, IX	
TUE 29/12/26 Holidays SN, ST	**Gnocchi** with spinach cream cheese sauce, and red cabbage salad Ia, III, VII	**Marbled yeast dumplings** with vanilla sauce, and red cabbage salad Ia, III, VI, VII, VIIa	**Penne** with creamy tomato basil sauce, and fruit quark Ia, VII	
WED 30/12/26 Holidays SN, ST	**Poached turkey meatball** in herb sauce, with colourful carrots and potatoes, and tomato salad Ia, III, VII	**Colourful pasta** with gorgonzola sauce, and tomato salad Ia, VII	**Rice pudding** with apple sauce (3), and pear VII	
THURS 31/12/26 Holidays SN, ST				



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