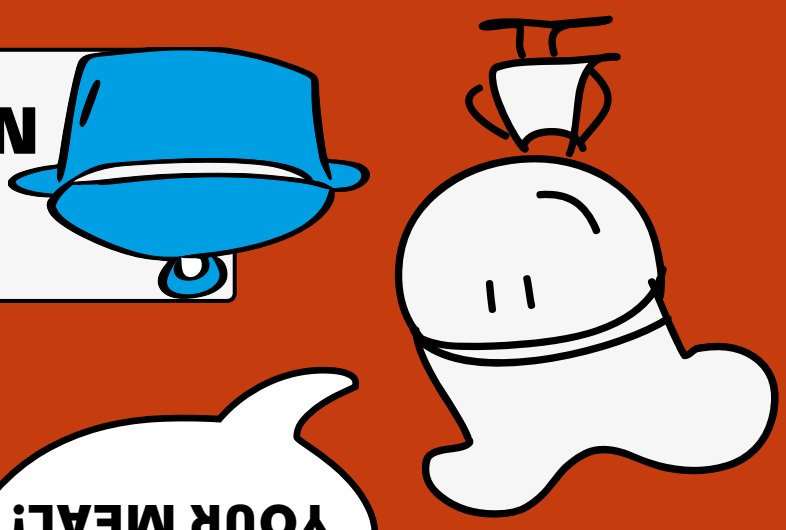
SPEISEPLAN NOVEMBER 2026



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**

SERVICETELEFON:
0341 44 82 110

GFB: GUT FÜR’S BAUCHGEFÜHL.



customer number | | | | | | |

full name

institution

Class

ORDER FORM FOR NOVEMBER 2026

KW	45					46					47					48					49
	Mo 02	Di 03	Mi 04	Do 05	Fr 06	Mo 09	Di 10	Mi 11	Do 12	Fr 13	Mo 16	Di 17	Mi 18	Do 19	Fr 20	Mo 23	Di 24	Mi 25	Do 26	Fr 27	Mo 30
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*-MENÜ *Deutsche Ges. für Ernährung e.V.	KLASSIKMENÜ	VEGGIE BIO-MENÜ AUS 100% BIO-ZUTATEN	FRESH
MON 02/11/26	**Wholegrain spirelli** with soy bolognese (diced celery, leek and carrot), and peach Ia	**Chicken breast strips** in creamy poultry sauce, carrots and peas, with herb potatoes, and peach Ia, VII, X	**Rice and vegetable stew,** wholegrain rye bread, and apple Ia, Ib, IX	**Colourful salad plate** with cucumber, tomato and celeriac schnitzel, with yogurt dressing, and peach Ia, IX
TUE 03/11/26	**Chickpea curry** with pepper strips and coconut milk, with brown rice, and white cabbage salad Ia, VII	**Chicken nuggets** with tomato sauce and mashed potatoes, and white cabbage salad Ia, III, VII	**Pasta stew** with mixed vegetables (carrots, peas, Brussels sprouts), rye bread, and vanilla quark Ia, Ib, VII, IX	**Hearty sausage salad** Pork sausage strips (1, 3, 5) with cheese, onion and pickled gherkin (9), with rye bread, and pastry Ia, Ib, VII
WED 04/11/26	**Vegetable schnitzel** with peas, hollandaise-style sauce and herb potatoes, and cucumber and sweetcorn salad Ia, III, VII, X	**Short spaghetti** with pork bolognese and diced vegeta- bles (carrot, celery, leek), and cucumber and sweetcorn salad Ia	**Semolina pudding** with sugar and cinnamon, and tomato salad Ia, VII	**Mixed salad platter** with tomato, cucumber, white cabbage, feta and yogurt dressing, and blueberry quark Ia, VII
THURS 05/11/26	**Salmon cubes** in honey dill sauce with colourful car- rots and wholegrain herb rice, and lemon quark dessert Ia, IV, VII	**Veggie bagel** with creamed carrots and kohlrabi, with potatoes, and lemon quark dessert Ia, Ic, VII, XI	**Penne** with vegetable strips (carrot, celery, leek) and cheese herb sauce, and plums Ia, III, VII	**Exotic couscous salad** with peppers, cucumber and leek, with apple and carrot salad, and lemon quark dessert Ia, VII
FRI 06/11/26	**Creamy vegetable soup** with carrot, leek, celery and diced potatoes, with wholegrain rye bread, and banana Ia, Ib, VII, IX	**Battered fish** with tomato sauce and mashed potatoes, and banana Ia, VII	**Vegetarian soy strips** with tomatoes, peppers and mush- rooms, with rice, and pear Ia	**Chicken nuggets** with clourful pasta salad with peppers, peas and pickled gherkin (9), and banana Ia, III, VII
MON 09/11/26	**Pollock cubes** in mustard sauce with peas, with rice, and fruit Ia, IV, VII	**Rice pudding** with hot plums, and fruit VII	**Short spaghetti** with tomato feta sauce, and apple Ia, VII	**Mixed raw vegetable salad** (red and white cabbage, carrot) with Gouda and egg, and fruit VII
TUE 10/11/26	**Colourful vegetable curry** with carrot, cauliflower, beans and chickpeas, with brown rice, and cucumber salad with yogurt dressing Ia, VI, VII	**Chicken goulash** with mixed vegetables and herb potatoes, and cucumber salad with yogurt dressing Ia, VII, IX	**Vegetable stew** (carrot, celery and leek), with bread, and white cabbage salad <Ia, Ib, VII, IX>	**Colourful salad platter** (green salad, cucumber, tomato) with baked falafel balls, mint yogurt dip, and pastry Ia, VII
WED 11/11/26	**Vegetable stir-fry** with carrots, cauliflower, peas and soy in herb sauce, with potatoes, and carrot salad Ia, III, VII	**Pork Jägerschnitzel** (1, 3, 5) (breaded sausage slice) with tomato sauce and spirelli, with grated cheese, and carrot salad Ia, III, VII, IX, X	**Potato soup** with bread, and berry quark Ia, Ib, VII, IX, X	**Rice salad "Mexico"** with kidney beans, sweetcorn, peppers and tomatoes, and carrot salad Ia, VII
THURS 12/11/26	**Lentil stew** with diced potatoes, carrots and celery, with wholegrain bread, and cherry yogurt Ia, Ib	**Schupfnudeln stir-fry** (potato noodles) with sweetcorn, peas and peppers, tomato mozzarella sauce, and cherry yogurt Ia, III, VII	**Pancakes** with apple sauce (3), and yogurt Ia, III, VII	**Fitness plate:** Leaf salad, cucumber, tomato, sweet- corn with pork ham strips (1, 3, 5), egg and grated cheese, yogurt dressing, and cherry yogurt VII
FRI 13/11/26	**Spirelli** with chicken goulash and pepper strips, and apple Ia, VII, X	**Eggs in mustard sauce,** with mixed vegetables (carrot, cauli- flower, broccoli) and herb potatoes, and apple Ia, VII	**Pearl barley stew** with diced potatoes and vegetables, with bread, and cucumber salad Ia, Ib, Ic, IX	**Cheese salad** with peppers, red onions, pickled gher- kin (9), vinaigrette and a multigrain roll, and apple Ia, Ib, Ic
MON 16/11/26	**Green bean stew** with diced potatoes and carrots, with wholegrain rye bread, and pear Ia, Ib, VII, IX	**Spirelli** with poultry bolognese, and pear Ia, IX	**Colourful pasta** with vegetable strips (carrot, celery and leek), creamy parmesan sauce, and fruit Ia, VII	**Greek salad plate** Leaf salad, cucumber, tomato, olives (7), white cheese and yogurt dressing, and pear Ia, VII
TUE 17/11/26	**Potatoes** with herb quark and butter, and cucumber and radish salad VII	**Fish fingers** with tomato herb sauce and mashed potatoes, and cucumber and radish salad Ia, III, VII	**Short spaghetti** with vegetable bolognese, and plum Ia, IX	**Potato salad** with pickled gherkins (9), cucumber, egg and yogurt, with a turkey patty, and pastry Ia, III, VII
WED 18/11/26 Holiday SN	**Plain chicken breast fillet** with creamed broccoli and cauliflower, with herb rice, and carrot salad Ia, VII	**Semolina pudding** with sugar and cinnamon, and carrot salad Ia, VII		
THURS 19/11/26	**Wholegrain spaghetti** with ratatouille vegetables in tomato sauce, with grated cheese, and vanilla quark dessert Ia, VII	**Pork goulash** with peas and potatoes, and vanilla quark dessert Ia, VII	**Egg ragout** with carrots, peas and cauliflower, with parsley potatoes, and apple Ia, VII, X	**Colourful rice salad** with peppers, cucumber, sweetcorn and a curry yogurt dip, and vanilla quark dessert Ia, VII
FRI 20/11/26	**Pollock cubes** in herb cream cheese sauce, with mixed carrots and brown rice, and apple Ia, IV, VII	**Pork bratwurst** (1, 3, 5) with creamy sauerkraut and mashed potatoes, and apple Ia, VII	**Macaroni** with tomato mozzarella sauce, and cherry yogurt Ia, VII	**Salad** with sweetcorn, chickpeas, peppers, beans and a pork patty, and apple Ia, III, VII
MON 23/11/26	**Chicken goulash,** with potato and celeriac mash and carrots with peas, and fruit Ia, VII, X	**Vegetable stew** with savoy cabbage, carrots and celery, with wholegrain rye bread, and fruit Ia, Ib, VII, IX	**Tomato vegetable ragout** with short spaghetti and grated cheese, and apple Ia, VII	**Wholegrain pasta salad** with sweetcorn, peppers, French dress- ing and a turkey patty, and fruit Ia, III, VII
TUE 24/11/26	**Vegetable curry** with carrot, cauliflower, peas, brown rice and feta, and tomato salad Ia, VII	**Potato soup** with diced sausage (1, 3, 5), with bread, and tomato salad Ia, Ib, VII, IX	**Vegetarian Patty** with creamed carrots and potatoes Ia, VII	**Lentil salad** with peppers, cucumber, tomato and white cheese, and pastry Ia, VII
WED 25/11/26	**Rice pudding** with sugar and cinnamon, and cucumber salad VII	**Battered Alaska pollock** with tomato sauce and mashed potatoes, and cucumber salad Ia, IV, III, VII	**Pasta** with colourful vegetables (beans, cauli- flower, carrot) in creamy curry sauce, and cherry yogurt Ia, VII	**Colourful couscous salad** with peppers and cucumber, and cucumber salad Ia, VII
THURS 26/11/26	**Potato soup** with diced carrots, celery and leek, wholegrain rye bread, and mango yogurt Ia, Ib, VII	**Vegetable croquettes** with chive cream cheese sauce, with wholegrain herb rice, and mango yogurt Ia, III, VII	**Wholegrain spirelli** with vegetable bolognese, and white cabbage salad Ia, VII, IX	**Salad plate "Exotic"** Leaf salad, cucumber, tomato, crispy chicken strips, pineapple and yogurt paprika dressing, with wholegrain bread, and mango yogurt Ia, Ib, VII
FRI 27/11/26	**Salmon cubes** in lemon dill sauce with peas, with rice, and plum Ia, IV, VII	**Quarkkeulchen** (Saxon quark pancakes) with apple sauce, and plum Ia, III, VII	**Pasta stew** with carrots, peas, celery and leek, with rye bread, and banana Ia, Ib	**Potato salad** with mustard dressing, radishes, leek, with a vegetarian medallion, and plum Ia, III, VII
MON 30/11/26	**Mixed chicken ragout** with carrots, salsify, beans, with herb rice, and apple Ia, VII, X	**Egg fricassee** with peas, cauliflower, carrots and parsley potatoes, and apple Ia, VII, X	**Penne** with creamy vegetable sauce (sugar snap peas, carrots, cauliflower), with grated cheese, and banana Ia, VII	**Farmer's salad** with white cheese, cucumber, tomatoes, olives (7) and red onions, with bread roll, and apple Ia, VII



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