


































Mensa am Westerberg

For the week from 13/05/2024 until 17/05/2024

Studentenwerk Osnabrück

...damit Studieren gelingt!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|---|--|--|--|
| Stew |  Chickpea and tomato stew with pine nuts 🌱 Bread roll ^{1,a,f} 🌱 1,80 € · 4,10 € |  Mercimek Çorbasi - Turkish lentil stew 🌱 Bread roll ^{1,a,f} 🌱 1,80 € · 4,10 € | | | |
| Main dishes |  Bulgur oriental style ^{a,f,h} 🌱 2,90 € · 5,10 €  Chicken breast fillet with orange and mint and saffron rice ⁱ 🌱 3,60 € · 6,10 €  Fried potatoes - big portion 🌱 1,00 € · 2,50 € |  Oriental rice salad with pomegranate seeds and falafel ^{a,h} 🌱 Cucumber yogurt alternative dip ^{a,h,j} 🌱 3,30 € · 5,50 €  Pizza with chicken kebab ^{a,g} 🌱 2,80 € · 5,30 €  Fried potatoes - big portion 🌱 1,00 € · 2,50 € |  The Oriental Bowl with lentil ragout, couscous, walnuts, dates and pomegranate ^{1,2,a,f,h,i} 🌱 4,30 € · 6,50 €  Cannelloni with spinach filling au gratin with gouda and tomato sauce ^{1,a,c,g,i} 🌱 2,20 € · 4,40 €  Oriental beef goulash ⁱ 🌱 Persian rice ^g 🌱 3,95 € · 6,45 €  Fried potatoes - big portion 🌱 1,00 € · 2,50 € |  Sweet potato ragout with parsley topping ^{1,f} 🌱 1,80 € · 4,00 €  Mezze plate - Oriental carrot salad with raisins, tabouleh salad, börek, minty love yoghurt ^{3,a,g,k} 🌱 3,00 € · 5,20 €  Hamshuka à la Neni - hummus with tahini and minced beef with flatbread ^{a,f,g,m} 🌱 4,30 € · 6,80 €  Fried potatoes - big portion 🌱 1,00 € · 2,50 € |  Sweet and spicy stir-fry noodles with peach ^{2,a,f,m} 🌱 1,80 € · 4,00 €  Egg-coated pollock ^{24,a,c,d} 🌱 Tomato and herbs dip ^{c,g,j} 🌱 Potatoes tossed in oil 🌱 2,80 € · 5,30 €  Fried potatoes - big portion 🌱 1,00 € · 2,50 € |
| Dishes |  Fried potatoes - small portion 🌱 0,55 € · 1,25 € |  Fried potatoes - small portion 🌱 0,55 € · 1,25 € |  Fried potatoes - small portion 🌱 0,55 € · 1,25 € |  Fried potatoes - small portion 🌱 0,55 € · 1,25 € |  Fried potatoes - small portion 🌱 0,55 € · 1,25 € |
| Salad of day |  Carrot and apple salad 🌱 0,45 € · 1,15 € |  Fitness salad ⁱ 🌱 0,50 € · 1,20 € | |  Tomato and leek salad with vinaigrette ^{3,j,k} 🌱 0,50 € · 1,20 € |  Mixed salad ^{3,j} 🌱 0,50 € · 1,20 € |
| Dessert |  Mini profiteroles with icing sugar ^{a,c,g} 🌱 1,00 € · 1,70 € |  Rhubarb crumble ^{1,a} 🌱 1,00 € · 1,70 € |  Caramel pudding ^{g,h} 🌱 0,40 € · 1,10 € |  Coconut cream with biscuit crunch ^{a,c,g} 🌱 0,80 € · 1,50 € |  Quark dessert ^g 🌱 Blackberry sauce 0,50 € · 1,20 € |

Prices apply for students and staff.

The following supplements apply to the staff price for guests and staff without an official pass: Stew: 0,80 € – Main dishes: 0,60 € - 0,80 € – Side dishes: 0,20 €
 Subject to change. We wish you good appetite.

Additives: 1) contains colourant, 2) contains preservative, 3) contains antioxidant, 4) contains flavour enhancer, 5) sulphurised, 6) blackened, 7) waxed, 8) contains phosphate, 9) contains sweeteners, 10) contains a source of phenylalanine, 15) contains alcohol, 24) from sustainably managed fisheries, 23) Contains gelatin (pork), 25) Contains gelatin (beef)

Allergens: a) Cereals containing gluten, b) Crustaceans, c) Hen's egg, d) Fish, e) Peanuts, f) Soya, g) Milk and lactose, h) Nuts, i) Celery, j) Mustard, k) Sulphur dioxide and sulphites, l) Lupin, m) Sesame seeds, n) Molluscs

