

Mensa Haste

For the week from 29/04/2024 until 03/05/2024

Studentenwerk Osnabrück

...damit Studieren gelingt!

Monday

Tuesday



Wednesday

Thursday

Friday





Stew



 Pea stew^{j,j}  
Bread roll^{1,a,f} 
1,80 € · 4,10 €




 Pea and potato stew with cured pork and sausages^{2,3,8,i,j} 
1,80 € · 4,10 €




Main dishes



 Mexican pan-fried beans and potatoes^{2,3,k}  
Hot pepper dip^{f,j} 
1,80 € · 4,00 €



 Szechuan-style beef julienne^f  
Fried noodles^{a,f} 
2,80 € · 5,30 €







 Fried potatoes - big portion 
1,00 € · 2,50 €





 One pot pasta with courgette, peas and lentils^{1,a,h}  
2,80 € · 5,00 €





 Lentil dhal with cauliflower and yogurt coriander topping^g  
1,80 € · 4,00 €



 Mensa burger with schnitzel, coleslaw and cocktail sauce^{3,a,c,j,k} 
3,20 € · 5,70 €



 Fried potatoes - big portion 
1,00 € · 2,50 €




 Tabouleh - Oriental bulgur salad with parsley and mint^a  
Bell pepper hummus^m  
Falafel^a 
2,80 € · 5,00 €



 Potatoes filled with tomato and mozzarella^g 
Pesto dip^{c,g,h,j} 
Salad bouquet 
2,30 € · 4,50 €




 Turkey pan chop suey with optional coriander topping^{2,f,h,m}  
Basmati rice 
3,20 € · 5,70 €



 Fried potatoes - big portion 
1,00 € · 2,50 €

 Colorful asparagus risotto with pine nuts and cress^{1,f} 
2,90 € · 5,10 €



 Lentil dhal with cauliflower and yogurt coriander topping^g  
1,80 € · 4,00 €


 Potato-coated pollock fillet^{24,a,d} 



Herb mayonnaise^{c,g,j}  
Potato cucumber salad^l 
2,95 € · 5,45 €



 Fried potatoes - big portion 
1,00 € · 2,50 €

Dishes



 Stir-fry vegetables in Asian sauce^f 
0,50 € · 1,20 €

 Fried noodles^{a,f} 
0,45 € · 1,15 €



 Fried potatoes - small portion 
0,55 € · 1,25 €



 Cauliflower 
0,45 € · 1,15 €



 Potato dippers^a 
0,45 € · 1,15 €

 Fried potatoes - small portion 
0,55 € · 1,25 €



 Broccoli 
0,55 € · 1,25 €



 Basmati rice 
0,55 € · 1,25 €



 Fried potatoes - small portion 
0,55 € · 1,25 €



 Fried potatoes - small portion 
0,55 € · 1,25 €

Salad of day



 Courgette and cucumber salad with shepherds cheese^{3,g,j,k} 
0,70 € · 1,40 €

 Colourful Chinese cabbage salad^l 
0,45 € · 1,15 €

 Quinoa and leek salad 
0,85 € · 1,55 €



 Mixed salad^{3,j} 
0,50 € · 1,20 €



Dessert

 Pancakes with maple syrup and fresh butter^{a,c,g} 
1,05 € · 1,75 €

 Apple pulp 
0,70 € · 1,40 €

 Vegan chocolate mousse^f 
1,00 € · 1,70 €

 Quark dessert^g 
Strawberry sauce
0,50 € · 1,20 €

 Rice Trauttmansdorff^{1,3,g} 
Raspberry sauce
0,40 € · 1,10 €

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



Venison



Pork

Beef

Poultry



Species-appropriate animal husbandry

Fish



Vegetarian

Vegan

Garlic