








































































Mensa Haste

For the week from 06/05/2024 until 10/05/2024

Studentenwerk Osnabrück

...damit Studieren gelingt!

	Monday	Tuesday	Wednesday	Thursday	Friday
Stew	 Semolina pudding ^{a,g}  with hot cherries  Cinnamon and sugar 1,80 € · 4,10 €	 Spring stew ⁱ   Spelt roll ^a  1,80 € · 4,10 €	 Chili con carne ^{2,3}    Bread roll ^{1,a,f}  1,80 € · 4,10 €		
Main dishes	 Falafel with persian rice, pine nuts and peach tomato chutney ^{3,a,k,m}   2,25 € · 4,45 €  Colourful spirelli bolognese ^a   2,80 € · 5,30 €  Fried potatoes - big portion  1,00 € · 2,50 €	 Asparagus spears  Hollandaise sauce ^{c,g,i}  Parsley potatoes  3,90 € · 6,10 €  Breaded pork escalope ^{a,c}  Hollandaise sauce ^{c,g,i}  Croquettes ^a  Streaky bacon and mushrooms ^{2,3}  3,85 € · 6,35 €  Fried potatoes - big portion  1,00 € · 2,50 €	 Linguine with rocket-cashew-pesto with pine nuts, topped with almonds and a grilled tomato ^{a,h}    2,40 € · 4,60 €  Baked broccoli nuggets ^{a,c,f,g}  Parsley cream cheese sauce ^{1,a,g}  Creamed potatoes ^g  2,85 € · 5,05 €  Fried potatoes - big portion  1,00 € · 2,50 €		
Dishes	 Peas  0,55 € · 1,25 €  Multi-coloured spirelli ^a  0,35 € · 1,05 €  Fried potatoes - small portion  0,55 € · 1,25 €	 String beans  0,45 € · 1,15 €  Parsley potatoes  0,45 € · 1,15 €  Fried potatoes - small portion  0,55 € · 1,25 €	 Kohlrabi with parsley  0,40 € · 1,10 €  Creamed potatoes ^g  0,55 € · 1,25 €  Fried potatoes - small portion  0,55 € · 1,25 €		
Salad of day	 Colourful courgette salad ^{3,j,k}  0,50 € · 1,20 €	 Chickpea salad  0,50 € · 1,20 €	 Mixed salad ^{3,j}  0,50 € · 1,20 €		
Dessert	 Vegan chocolate mousse ^f  1,00 € · 1,70 €	 Stracciatella pudding ^g  0,40 € · 1,10 €	 Yogurt ^g  Strawberry and rhubarb 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

