

Essenplan für die Woche vom:

30.01.2023 bis 03.02.2023

| KW 5 | | | | | | | | | | | | |
|----------------------------------|----------------------------|---------|-----------|-------|-------|--------------|---------|----|--|--|--------------------|---------|
| Montag 30.01.2023 | Hühnerfrikassee | | | | | 51,51a,57,58 | | | | | Pudding | 4,9,58 |
| | Reis | | | | | | | | | | | |
| | kcal | Fett(g) | ges.Fs(g) | Ew(g) | Kh(g) | Zucker(g) | Salz(g) | BE | | | kcal | |
| | 452 | 21 | 9 | 35 | 49 | 1 | 2 | 4 | | | 95 | |
| Dienstag 31.01.2023 | Rührei | | | | | 51,51a,52,58 | | | | | Pudding | 4,9,58 |
| | Spinat | | | | | | | | | | | |
| | kcal | Fett(g) | ges.Fs(g) | Ew(g) | Kh(g) | Zucker(g) | Salz(g) | BE | | | kcal | |
| | 590 | 19 | 11 | 33 | 51 | 1 | 2 | 4 | | | 95 | |
| Mittwoch 01.02.2023 | Bolognesesoße | | | | | 51,51a,57,54 | | | | | Saft | 4,9 |
| | Nudeln | | | | | | | | | | | |
| | kcal | Fett(g) | ges.Fs(g) | Ew(g) | Kh(g) | Zucker(g) | Salz(g) | BE | | | kcal | |
| | 625 | 21 | 9 | 15 | 49 | 1 | 2 | 4 | | | 85 | |
| Donnerstag 02.02.2023 | Rinderbraten | | | | | 2,51,57,58 | | | | | Kirschquark | 7,12,58 |
| | Soße, Rotkohl | | | | | | | | | | | |
| | kcal | Fett(g) | ges.Fs(g) | Ew(g) | Kh(g) | Zucker(g) | Salz(g) | BE | | | kcal | |
| | 525 | 20 | 11 | 28 | 42 | 1 | 2 | 4 | | | 45 | |
| Freitag 03.02.2023 | Weißkohleintopf | | | | | 57 | | | | | Obst | |
| | mit Kasselerfleisch | | | | | | | | | | | |
| | kcal | Fett(g) | ges.Fs(g) | Ew(g) | Kh(g) | Zucker(g) | Salz(g) | BE | | | kcal | |
| | 420 | 10 | 5 | 6 | 35 | 1 | 2 | 3 | | | 75 | |

Änderungen bleiben uns vorbehalten

Bestellungen bitte per

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