

MENU PLAN

gratus

Valid 14.07. until 19.07.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



1 DAILY SPECIAL
+APPETIZER
+SALAD
+DESSERT
+DRINK

MENU
PRICE
09,50€

STARTERS

Tuesday 14.07.



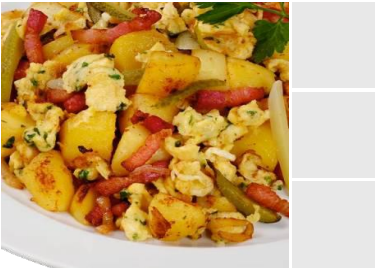
Lentil soup
"Swabian stlye"

S 20

Nutrition Facts Per Serving 1204kJ/286kcal, fat 8.6g, saturated fatty acids 1.5g, Carbohydrates 37g, sugars 2.7g, fiber 4.4g, Protein 13g, bread units 3.1



Wednesday 15.07.



Farmer's Feast

Ei, M, Me, La
20, 3

Nutrition Facts Per Serving 693kJ/166kcal, Fat 10g, Saturated Fatty Acids 2.1g, Carbohydrates 12g, Sugars 1.6g, Fiber 1.2g, Protein 5.1g, bread units 1.0



Thursday 16.07.



Tomato soup

G, G1,
M, Me, La, S

Nutrition Facts Per Serving 747kJ/179kcal, fat 11g, saturated fatty acids 4.2g, Carbohydrates 16g, Sugars 9.3g, Fiber 1.9g, Protein 2.7g, bread units 1.4



Friday 17.07.



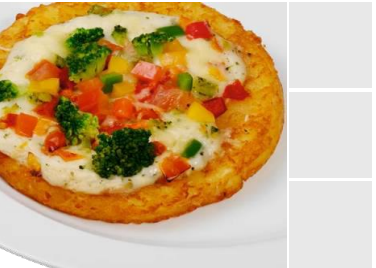
Lentil Balls Made from
Potatoes and Brown
Lentils Bulgur Curry Pan
Lentil balls Made from

G, G1, M,
Me, La, S

Nutrition Facts Per Serving 1457kJ/348kcal, Fat 16g, Saturated Fatty Acids 2.5g, Carbohydrates 40g, sugars 6.6g, fiber 5.6g, Protein 8.6g, bread units 3.3



Saturday 18.07.



Giant Röstl

M, Me, La, S

Nutrition Facts Per Serving 826kJ/198kcal, fat 9.9g, saturated fatty acids 5.3g, Carbohydrates 23g, sugars 1.2g, fiber 1.6g, Protein 3.3g, bread units 1.9



Sunday 19.07.



Clear soup Pancakes with
chives

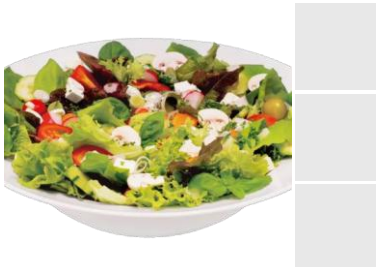
S
G, G1, Ei, M,
Me, La, (Sb),

Nutrition Facts Per Serving 305kJ/73kcal, Fat 2.8g, Saturated Fatty Acids 0.7g, Carbohydrates 8.9g, sugars 1.7g, fiber 0.5g, Protein 2.7g, bread units 0.7



SALAD

Tuesday 14.07.

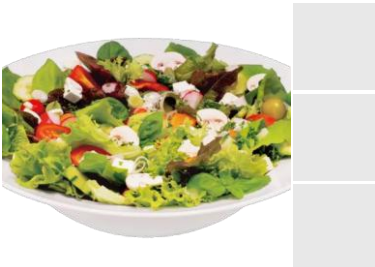


Red cabbage salad with
onions and light beer
Balsamic dressing

Sd, Sn 12,
10

Nutrition Facts Per Serving 566kJ/135kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 14g, Sugars 7.9g, Fiber 1.8g, Protein 2.1g, bread units 0.3

Wednesday 15.07.



Apple-celery salad with
cranberry and Yoghurt
Dressing

M, La, Me,
Sf, S 12, 10

Nutrition Facts Per Serving 675kJ/153kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 18g, Sugars 8.9g, Fiber 1.8g, Protein 2.1g, bread units 0.3

Thursday 16.07.



Mixed salad with baby
spinach croutons and
Caesar dressing

Ei, G, M, La,
Sd, Sn, Me,
G1 12, 10

Nutrition Facts Per Serving 522kJ/125kcal, Fat 8.3g, Saturated Fatty Acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3

Friday 17.07.

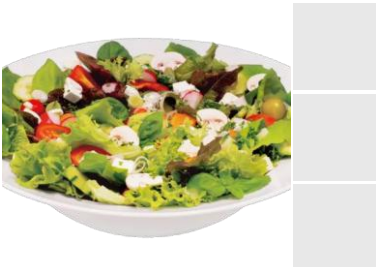


Couscous salad with
colorful vegetables, basil
and tomatoes

G, Sd, G1
12, 10

Nutrition Facts Per Serving 1007kJ/241kcal, Fat 10g, Saturated Fatty Acids 1.4g, Carbohydrates 29g, Sugar 13g, Fiber 1.8g, Protein 6.1g, bread units 0.3

Saturday 18.07.



Mixed salad with black
olives and light balsamic
dressing

Sd, Sn 12,
10

Nutrition Facts Per Serving 663kJ/159kcal, Fat 11g, Saturated Fatty Acids 1.9g, Carbohydrates 11g, Sugars 5.9g, Fiber 1.8g, Protein 2.6g, bread units 0.3

Sunday 19.07.



Mixed salad with
chickpeas and yogurt
dressing

M, La, Me
12, 10

Nutrition Facts Per Serving 923kJ/221kcal, fat 11g, saturated fatty acids 2.4g, Carbohydrates 27g, Sugars 12g, Fiber 1.8g, Protein 5.1g, bread units 0.3

MAIN COURSE

Tuesday 14.07.



Sausage pan "hunter style" of pork
Fried potato noodles
Finger carrots
"natural"

G, G1, M, Me, La, S 20, 3
G, G1, Ei

Nutrition Facts
Per Serving 2005kJ/479kcal, Fat 24g, Saturated Fatty Acids 8.3g, Carbohydrates 48g, sugars 4.9g, fiber 3.4g, Protein 15g, bread units 4.0

Wednesday 15.07.



Swabian Sauerbraten
Spätzle
Red cabbage

G, G1, M, Me, La, S
G, G1, Ei

Nutrition Facts
Per Serving 1869kJ/444kcal, Fat 12g, Saturated Fatty Acids 4.3g, Carbohydrates 51g, Sugars 16g, Fiber 3.9g, Protein 30g, bread units 4.3

Thursday 16.07.



Massaman curry with chicken
Basmati rice

Fi, Sb, M, Me, La

Nutrition Facts
Per Serving 2454kJ/585kcal, Fat 23g, Saturated Fatty Acids 18g, Carbohydrates 59g, sugars 8.8g, fiber 4.4g, Protein 32g, bread units 4.9

Friday 17.07.



Schnitzel pot over baking in leek cream sauce
French fries
Green vegetable mix

G, G1, M, Me, La, Sn
Ei, M, Me, La

Nutrition Facts
Per Serving 3137kJ/750kcal, Fat 36g, Saturated Fatty Acids 13g, Carbohydrates 58g, Sugars 9.2g, Fiber 7.9g, Protein 41g, bread units 4.8

Saturday 18.07.



Fish Poppers Alaska
Pollock with Puffreispanade
Parsley potatoes
Spinach leaves chopped with cream

G, G1, G2, G3, G4, Fi, (Ei), (M), (Me), (La), (Sn)
G, G1, M, Me, La

Nutrition Facts
Per Serving 2386kJ/568kcal, Fat 21g, Saturated Fatty Acids 4.1g, Carbohydrates 66g, Sugars 5.0g, Fiber 6.3g, Protein 25g, bread units 5.5

Sunday 19.07.



Gyros Casserole (from pork) with sour cream and Cheese au gratin
Scalloped fries
Coleslaw with caraway seeds

M, Me, La, S
Sd, Sn 12, 10

Nutrition Facts
Per Serving 2781kJ/691kcal, Fat 27g, Saturated Fat 11g, Carbohydrates 70g, sugars 27g, fiber 6.2g, Protein 64g, bread units 5.4

DESSERT

Tuesday 14.07.



Vanilla pudding

M, La, Me, G1 12, 10

Nutrition Facts
Per Serving 1098kJ/262kcal, Fat 6.0g, Saturated Fatty Acids 3.6g, Carbohydrates 44g, Sugars 31g, Fiber 0.0g, Protein 6.9g, bread units 2.1

Wednesday 15.07.



Chocolate mousse with cherry ragout

M, La, Me 12, 10

Nutrition Facts
Per Serving 1368kJ/327kcal, Fat 19g, Saturated Fatty Acids 7.9g, Carbohydrates 36g, Sugar 28g, Protein 4.1g, Bread Units 1.9

Thursday 16.07.



Chocolate pudding with strawberry ragout

M, La, Me, Sf 12, 10

Nutrition Facts
Per Serving 714kJ/170kcal, fat 3.6g, saturated fatty acids 1.6g, Carbohydrates 28g, Sugars 18g, Fiber 1.0g, Protein 5.2g, bread units 1.1

Friday 17.07.



Strawberry yoghurt

M, La, Me, Sf 12, 10

Nutrition Facts
Per Serving 963kJ/230kcal, fat 8.9g, saturated fatty acids 4.5g, Carbohydrates 33g, Sugar 25g, Fiber 1.5g, Protein 3.4g, bread units 1.8

Saturday 18.07.



Fruit salad

Sf 12, 10

Nutrition Facts
Per Serving 631kJ/150kcal, Fat 0.3g, Saturated Fatty Acids 0.1g, Carbohydrates 33g, sugars 28g, fiber 2.5g, Protein 2.0g, bread units 1.8

Sunday 19.07.



Peach yoghurt

M, La, Me 12, 10

Nutrition Facts
Per Serving 871kJ/208kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 29g, sugars 20g, protein 3.3g, Bread Units 1.5

LEGEND

with Alcohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
made with chicken ingredients	03 Antioxidants	12 may have a laxative effect if consumed in excess	Fi Fish	K Crustaceans	Se Sesame	Sf6 Brazil nuts
made with beef ingredients	04 Flavor enhancer	19 containing caffeine	G Gluten	La Lactose	Sf Nuts	Sf7 Pistachios
made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery	() May contain traces of ...	

MENU PLAN

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Valid 21.07. until 26.07.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



1 DAILY SPECIAL
+APPETIZER
+SALAD
+DESSERT
+DRINK

MENU
PRICE
09,50€

STARTERS

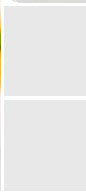
Tuesday 21.07.  Creamy broccoli soup M, Me, La, S Nutrition Facts Per Serving 1204kJ/286kcal, fat 8.6g, saturated fatty acids 1.5g, Carbohydrates 37g, sugars 2.7g, fiber 4.4g, Protein 13g, bread units 3.1	Wednesday 22.07.  Vegetarian lentil soup S Nutrition Facts Per Serving 693kJ/166kcal, Fat 10g, Saturated Fatty Acids 2.1g, Carbohydrates 12g, Sugars 1.6g, Fiber 1.2g, Protein 5.1g, bread units 1.0	Thursday 23.07.  Pizza Rolls with tomato filling and mozzarella G, G1, Ei, M, Me, La, (Sf), (Sf1), (Sf2), (S) Nutrition Facts Per Serving 1887kJ/448kcal, Fat 15g, Saturated Fatty Acids 5.2g, Carbohydrates 64g, sugar 5.8g, protein 15g, Bread Units 5.3	Friday 24.07.  Sweet potato soup with ginger M, Me, La Nutrition Facts Per Serving 820kJ/196kcal, Fat 11g, Saturated Fatty Acids 7.3g, Carbohydrates 22g, sugars 12g, fiber 2.2g, Protein 1.9g, bread units 1.9	Saturday 25.07.  Potato and endive pancakes Ei, M, Me Nutrition Facts Per Serving 1114kJ/266kcal, Fat 13g, Saturated Fatty Acids 6.1g, Carbohydrates 28g, Sugar A 2.1g, Fiber 3.2g, Protein 6.7g, bread units 2.4	Sunday 26.07.  Vegetable Spring Roll Creamy herb dip sour cream style G, G1, S, Sn M, Me, La, S Nutrition Facts Per Serving 1171kJ/280kcal, Fat 14g, Saturated Fatty Acids 5.5g, Carbohydrates 32g, sugars 6.7g, fiber 2.1g, Protein 5.1g, bread units 2.7
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SALAD

Tuesday 21.07.  Mixed salad with tomatoes and light balsamic dressing Sd, Sn 12, 10 Nutrition Facts Per Serving 603kJ/145kcal, fat 9.3g, saturated fatty acids 1.6g, Carbohydrates 10g, Sugars 5.3g, Fiber 1.8g, Protein 2.3g, bread units 0.3	Wednesday 22.07.  Cucumber salad with dill and yogurt dressing M, La, Me 12, 10 Nutrition Facts Per Serving 505kJ/121kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3	Thursday 23.07.  Mixed salad with corn and yogurt dressing M, La, Me 12, 10 Nutrition Facts Per Serving 394kJ/95kcal, Fat 8.3g, Saturated Fatty Acids 1.4g, Carbohydrates 3.0g, Sugars 3.9g, Fiber 1.8g, Protein 1.1g, bread units 0.3	Friday 24.07.  Mixed salad with black olives and light balsamic dressing Sd, Sn 12, 10 Nutrition Facts Per Serving 513kJ/123kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3	Saturday 25.07.  Coleslaw salad with white cabbage, carrots, mayo and lemon juice G, G1, M, Me, La, S Nutrition Facts Per Serving 840kJ/201kcal, Fat 14g, Saturated Fatty Acids 2.4g, Carbohydrates 13g, sugars 6.9g, fiber 1.8g, Protein 3.1g, bread units 0.3	Sunday 26.07.  Pretzel salad with pretzel radishes and light balsamic dressing G, G4, G1 12, 10 Nutrition Facts Per Serving 923kJ/221kcal, fat 11g, saturated fatty acids 2.4g, Carbohydrates 27g, Sugars 12g, Fiber 1.8g, Protein 5.1g, bread units 0.3
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MAIN COURSE

Tuesday 21.07.



Beef strips "Szechuan style" Mien noodle pan "Asia-Style"

G, G1, Sb
G, G1, Ei, Sb, M, Me, La, S

Nutrition Facts Per Serving 2210kJ/525kcal, fat 15g, saturated fatty acids 2.0g, Carbohydrates 67g, sugars 17g, fiber 6.5g, Protein 28g, bread units 5.6



Wednesday 22.07.



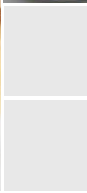
Half Roasted Chicken Potato Vegetable Gratin

G, G1, M, Me, La, S

Nutrition Facts Per Serving 3466kJ/828kcal, Fat 41g, Saturated Fatty Acids 15g, Carbohydrates 34g, sugars 4.8g, fiber 4.5g, Protein 78g, bread units 2.9



Thursday 23.07.



Westphalian Beef onion meat in cream sauce Boiled potatoes Cucumber salad with dill and yogurt dressing

G, G1, M, Me, La, S, Sn
M, La, Me 12, 10

Nutrition Facts Per Serving 2382kJ/566kcal, Fat 18g, Saturated Fatty Acids 5.1g, Carbohydrates 57g, Sugars 14g, Fiber 3.5g, Protein 39g, bread units 4.4



Friday 24.07.



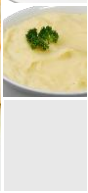
Bolognese sauce of beef and pork Spaghetti with egg

G, G1, M, Me, La, S

Nutrition Facts Per Serving 2330kJ/555kcal, fat 20g, saturated fatty acids 6.0g, Carbohydrates 60g, sugars 12g, fiber 5.3g, Protein 31g, Bread Units 5.0



Saturday 25.07.



Chicken fillets in cheese and leek sauce Vegetarian Rösti (brocoli) Mashed potatoes

M, Me, La, S
G, G1, Ei, M, Me, La
M, Me, La

Nutrition Facts Per Serving 3037kJ/725kcal, Fat 33g, Saturated Fatty Acids 13g, Carbohydrates 61g, sugars 9.8g, fiber 7.4g, Protein 42g, bread units 5.1



Sunday 26.07.



Giant grilled sausage Curry ketchup sauce Scalloped fries

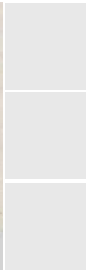
3
Sn

Nutrition Facts Per Serving 3491kJ/836kcal, Fat 48g, Saturated Fatty Acids 16g, Carbohydrates 72g, sugars 15g, fiber 5.6g, Protein 27g, bread units 6.0



DESSERT

Tuesday 21.07.



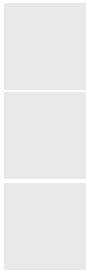
Rice pudding with

M, La, Me 12, 10

Nutrition Facts Per Serving 2306kJ/547kcal, fat 9.6g, saturated fatty acids 6.1g, Carbohydrates 101g, Sugars 50g, Fiber 1.1g, Protein 13g, bread units 6.4



Wednesday 22.07.



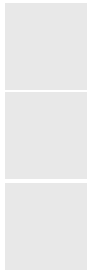
Red berry compote

G, G1, M, Me, La, S

Nutrition Facts Per Serving 444kJ/106kcal, Fat 0.2g, Saturated Fatty Acids 0.0g, Carbohydrates 24g, sugars 13g, fiber 2.1g, Protein 1.8g, bread units 0.7



Thursday 23.07.



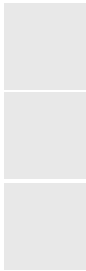
Vanilla yoghurt with fruit

M, La, Me, Sf 12, 10

Nutrition Facts Per Serving 1015kJ/242kcal, Fat 11g, Saturated Fatty Acids 5.1g, Carbohydrates 30g, Sugar 23g, Protein 6.0g, Bread Units 1.9



Friday 24.07.



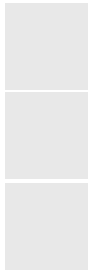
Yoghurt with Honey and oatmeal

M, La, G4, Me 12, 10

Nutrition Facts Per Serving 843kJ/201kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 26g, sugars 19g, protein 3.3g, Bread Units 1.5



Saturday 25.07.



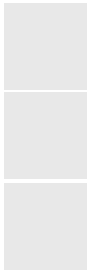
Apple ragout with biscuit crumble

G, M, La, Me, G1 12, 10

Nutrition Facts Per Serving 457kJ/109kcal, Fat 0.1g, Saturated Fatty Acids 0.0g, Carbohydrates 26g, Sugar 19g, Fiber 1.3g, Protein 0.3g, bread units 0.9



Sunday 26.07.



Peach yoghurt

M, La, Me 12, 10

Nutrition Facts Per Serving 871kJ/208kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 29g, sugars 20g, protein 3.3g, Bread Units 1.5



LEGEND

 with Alcohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
 made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
 made with chicken ingredients	03 Antioxidants	12 may have a laxative effect if consumed in excess	Fi Fish	K Crustaceans	Se Sesame	Sf6 Brazil nuts
 made with beef ingredients	04 Flavor enhancer	19 containing caffeine	G Gluten	La Lactose	Sf Nuts	Sf7 Pistachios
 made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
 vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
 vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery		() May contain traces of ...

ALLERGENINFORMATIONEN

Montag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Dienstag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Mittwoch XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Donnerstag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Freitag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Samstag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

Sonntag XX.XX.

VORSPEISE

Gerichtname

Enthält: XXX

SALAT

Gerichtname

Enthält: XXX

MENU 1

Gerichtname

Enthält: XXX

NACHSPEISE

Gerichtname

Enthält: XXX

MENU PLAN

gratus 

Valid 28.07. until 02.08.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



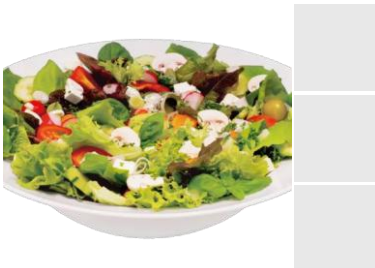
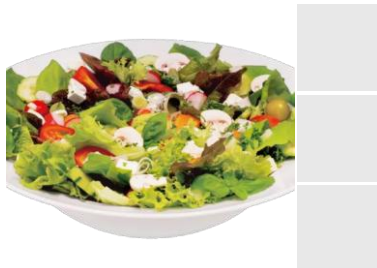
1 DAILY SPECIAL
+APPETIZER
+SALAD
+DESSERT
+DRINK

MENU
PRICE
09,50€

STARTERS

Tuesday 28.07.  Clear broth with sliced pancake strips and chive G, G1, Ei, M, Me, La, (Sb) (Sf) Nutritional Information per Serving 301 kJ / 72 kcal, Fat 2.8 g, Saturated fatty acids 0.7 g, Carbohydrates 8.7 g, Sugar 1.6 g, Fiber 0.5 g, Protein 2.7 g, Bread units 0.7 	Wednesday 29.07.  Leekquiche G, G1, Ei, M, Me, La, (S) Nutritional Information per Serving 1194 kJ / 286 kcal, Fat 18 g, Saturated fatty acids 8.0 g, Carbohydrates 22 g, Sugar 1.8 g, Protein 9.9 g, Bread units 1.9 	Thursday 30.07.  Tomato cream soup G, G1, M, Me, La, S Nutritional Information per Serving 747 kJ / 179 kcal, Fat 11 g, Saturated fatty acids 4.2 g, Carbohydrates 16 g, Sugar 9.3 g, Fiber 1.9 g, Protein 2.7 g, Bread units 1.4 	Friday 31.07.  Chicken-Nuggets with Coleslaw Ei, Sd, Sn 12, 10 Nutritional Information per Serving 1148 kJ / 274 kcal, Fat 16 g, Saturated fatty acids 2.7 g, Carbohydrates 18 g, Sugar 4.3 g, Fiber 0.7 g, Protein 12 g, Bread units 0.7 	Saturday 01.08.  Broccoli cream soup G, G1, M, Me, La, (Fi) Nutritional Information per Serving 1463 kJ / 349 kcal, Fat 15 g, Saturated fatty acids 7.6 g, Carbohydrates 41 g, Sugar 4.2 g, Fiber 2.6 g, Protein 12 g, Bread units 3.4 	Sunday 02.08.  Vegetarian lentilsoup M, Me, La, S Nutritional Information per Serving 625 kJ / 149 kcal, Fat 4.0 g, Saturated fatty acids 0.4 g, Carbohydrates 21 g, Sugars 1.9 g, Fiber 2.9 g, Protein 6.0 g, Bread units 1.7 
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SALAD

Tuesday 28.07.  Mixed garden salad with bell peppers and a light balsamic dressing Sd, Sn 12, 10 Nutritional Information per Serving 403 kJ / 97 kcal, Fat 8.1 g, Saturated fatty acids 1.6 g, Carbohydrates 3.0 g, Sugars 5.3 g, Fiber 1.8 g, Protein 1.1 g, Bread units 0.3 	Wednesday 29.07.  Mixed garden salad with black olives and a light balsamic dressing. Sd, Sn 12, 10 Nutritional Information per Serving 573 kJ / 137 kcal, Fat 9.3 g, Saturated fatty acids 1.6 g, Carbohydrates 9.0 g, Sugar 5.3 g, Fiber 1.8 g, Protein 2.3 g, Bread units 0.3 	Thursday 30.07.  Mixed garden salad with beetroot and a creamy yogurt dressing. G, G1, M, Me, La, S Nutritional Information per Serving 388 kJ / 93 kcal, Fat 7.5 g, Saturated fatty acids 1.8 g, Carbohydrates 3.0 g, Sugars 2.9 g, Fiber 1.8 g, Protein 1.1 g, Bread units 0.3 	Friday 31.07.  Pretzel salad with soft pretzel bites, radishes, and a light balsamic dressing G, G4, G1 12, 10 Nutritional Information per Serving 923 kJ / 221 kcal, Fat 11 g, Saturated fatty acids 2.4 g, Carbohydrates 27 g, Sugar 12 g, Fiber 1.8 g, Protein 5.1 g, Bread units 0.3 	Saturday 01.08.  Mixed salad with feta and light balsamic dressing Sd, Sn 12, 10 Nutritional values per serving 286 kJ / 97 kcal, fat 4.3 g, saturated fat 2.4 g, carbohydrates 8.0 g, sugar 23 g, fiber 1.8 g, protein 31 g, bread units 0.3 	Sunday 02.08.  Red cabbage salad with onions and light balsamic dressing M, La, Sn 12, 10 Nutritional values per serving 324 kJ / 78 kcal, fat 7.8 g, saturated fat 1.9 g, carbohydrates 6.0 g, sugar 5.9 g, fiber 1.8 g, protein 1.1 g, bread units 0.3 
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MAIN COURSE

Tuesday 28.07.



Brewery-style dish with bread dumpling and Bavarian cabbage

G, G3, S, Sn
G, G1, Ei, M., Me, La
S, Sn

Nutritional Information per Serving
2493 kJ / 592 kcal, Fat 17 g, Saturated fatty acids 4.6 g,
Carbohydrates 72 g, Sugar 17 g, Fiber 4.6 g,
Protein 35 g, Bread units 6.0



Wednesday 29.07.



Chicken fillet pieces in ginger–orange sauce with natural rice and mixed green vegetables

G, G1, M,
Me,

Nutritional Information per Serving
1958 kJ / 465 kcal, Fat 11 g, Saturated fatty acids 4.1 g,
Carbohydrates 55 g, Sugar 12 g, Fiber 5.9 g,
Protein 32 g, Bread units 4.6



Thursday 30.07.



Meatballs “Königsberg Style” with boiled potatoes and “Leipziger Allerlei” vegetables

G, G1, Ei, M,
Me, La, S

Nutritional Information per Serving
2337 kJ / 559 kcal, Fat 30 g, Saturated fatty acids 12 g,
Carbohydrates 44 g, Sugar 9.5 g, Fiber 5.9 g,
Protein 24 g, Bread units 3.7



Friday 31.07.



Grilled bratwurst with mashed potatoes and sauerkraut (without bacon)

3
M, Me, La, S

Nutritional Information per Serving
2689 kJ / 646 kcal, Fat 46 g, Saturated fatty acids 18 g,
Carbohydrates 32 g, Sugar 3.1 g, Fiber 3.9 g,
Protein 24 g, Bread units 2.7



Saturday 01.08.



Hearty spicy beef goulash with spätzle and natural-style carrots creamy herb dip

G, G1, E
M, Me, La, S
i

Nutritional Information per Serving
2191 kJ / 521 kcal, Fat 16 g, Saturated fatty acids 6.6 g,
Carbohydrates 54 g, Sugar 6.8 g, Fiber 5.1 g,
Protein 37 g, Bread units 4.5



Sunday 02.08.



Spaghetti Bolognese

G, G1, S

Nutritional Information per Serving
2130 kJ / 507 kcal, Fat 17 g, Saturated fatty acids 5.2 g,
Carbohydrates 57 g, Sugar 9.7 g, Fiber 4.8 g,
Protein 28 g, Bread units 4.8



DESSERT

Tuesday 28.07.



Chocolate pudding with strawberry ragout

M, La, Me,
Sf 12, 10

Nutritional Information per Serving
714 kJ / 170 kcal, Fat 3.6 g, Saturated fatty acids 1.6 g,
Carbohydrates 28 g, Sugars 18 g, Fiber 1.0 g,
Protein 5.2 g, Bread units 1.1

Wednesday 29.07.



Strawberry yoghurt

G, G1, M,
Me, La, (Sf)
1

Nutritional Information per Serving
907 kJ / 217 kcal, Carbohydrates 31 g, Fat 8.5 g,
Protein 3.0 g, Saturated Fatty Acids 4.3 g, Sugar 24 g,
Dietary Fiber 1.5 g, Bread Units 1.8



Thursday 30.07.



Red berry compote with vanilla sauce

G, G1, M,
Me, La, S

Nutritional Information per Serving
583 kJ / 139 kcal, Fat 0.2 g, Saturated fatty acids 0.0 g,
Carbohydrates 30 g, Sugars 18 g, Fiber 2.1 g,
Protein 1.8 g, Bread units 0.7

Friday 31.07.



Peach yoghurt

M, La, Me
12, 10

Nutritional Information per Serving
871 kJ / 208 kcal, Carbohydrates 29 g, Fat 8.8 g,
Protein 3.3 g, Saturated Fatty Acids 4.3 g, Sugar 20 g,
Bread Units 1.5



Saturday 01.08.



Vanillepudding

M, La, Me
12, 10

Nutritional Information per Serving
981 kJ / 234 kcal, Carbohydrates 39 g, Fat 5.0 g,
Protein 5.9 g, Saturated Fatty Acids 2.6 g, Sugar 28 g,
Dietary Fiber 0.0 g, Bread Units 2.1

Sunday 02.08.



Fruit salad

Sf 12, 10

Nutritional Information per Serving
631 kJ / 150 kcal, Fat 0.3 g, Saturated fatty acids 0.1 g,
Carbohydrates 33 g, Sugars 28 g, Fiber 2.5 g,
Protein 2.0 g, Bread units 1.8

LEGEND

 with Alkohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
 made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
 made with chicken ingredients	03 Antioxidants	12 may have a laxative effect if consumed in excess	Fi Fish	K Crustaceans	Se Sesame	Sf6 Brazil nuts
 made with beef ingredients	04 Flavor enhancer	19 containing caffeine	G Gluten	La Lactose	Sf Nuts	Sf7 Pistachios
 made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
 vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
 vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery		() May contain traces of ...

MENU PLAN

gratus

Valid 04.08. until 09.08.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



1 DAILY SPECIAL
+APPETIZER
+SALAD
+DESSERT
+DRINK

MENU
PRICE
09,50€

STARTERS

Tuesday 04.08.



Pizza rolls

G, G1, Ei, M,
Me, La, (Sf),
(Sf1), (Sf2),

Nutritional value per serving:
1132kJ/269kcal, Fat 8,9g, saturated fat 3,1g,
carbohydrates 38g, sugar 3,5g, protein 8,9g,
Bread units 3,2



Wednesday 05.08.



Sweet potatoe soup with
ginger

M, Me, La

Nutritional value per serving:
607kJ/145kcal, fat 7,8g, saturated fat 5,4g,
carbohydrates 17g, sugar 8,8g, fiber 1,6g,
protein 1,4g, bread units 1,4



Thursday 06.08.



Triple-Cheese-Soup
with broccoli and vegetarian soy
mince

G, G1, G3,
Sb, M, Me,
La, S

Nutritional value per serving:
756kJ/181kcal, fat 11g, saturated fat 5,3g,
carbohydrates 10g, sugar 4,9g, fiber 2,0g,
protein 8,2g, bread units 0,9



Friday 07.08.



Vegetable Spring-rolls
Creamy herb dip,
sour-cream style

G, G1,
S, Sn
M, Me, La, S

Nutritional value per serving:
614kJ/147kcal, fat 7,3g, saturated fat
2,8g,carbohydrates 17g, sugar 3,5g, fiber 1,1g, protein
2,7g, bread units 1,4



Saturday 08.08.



Poultry-Cevapcici

G, G1, M,
Me, La

Nutritional value per serving:
640kJ/153kcal, fat 9,6g, saturated fat 2,2g,
carbohydrates 1,5g, sugar 0,6g, fiber 0,4g, protein 15g,
bread units 0,1



Sunday 09.08.



Tomato-Mozzarella-Soup

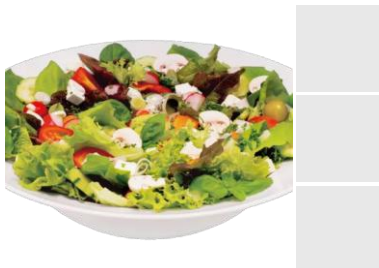
G, G1, M,
Me, La

Nutritional value per serving:
942kJ/226kcal, fat 13g, saturated fat 6,1g,
carbohydrates 19g, sugar 12g, fiber 1,9g,
protein 7,0g, bread units 1,6



SALAD

Tuesday 04.08.



Mixed salad with Tomatos
and balsamico-dressing

Sd, Sn, Me
12

Nutritional value per serving:
538kJ/129kcal, fat 8,3g, saturated fat 1,4g,
carbohydrates 9,0g, sugar 4,9g, fiber 1,8g,
protein 2,1g, bread units 0,3



Wednesday 05.08.



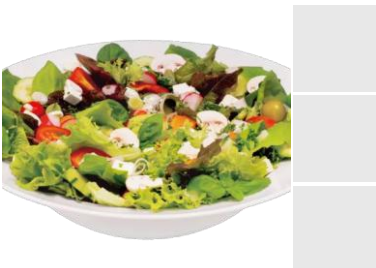
Coleslaw salad with
cabbage, carrots,
mayonnaise, and lemon
juice

Ei, Sd, Sn
12, 10

Nutritional value per serving:
840kJ/201kcal, fat 14g, saturated fat 2,4g,
carbohydrates 13g, sugar 6,9g, fiber 1,8g,
protein 3,1g, bread units 0,3



Thursday 06.08.



Mixed Salad with
sweetcorn and yoghurt
dressing

M, La,
Me 12, 10

Nutritional value per serving:
443kJ/106kcal, fat 8,1g, saturated fat 1,6g,
carbo hydrates 3,0g, sugar 5,3g, fiber 1,8g,
protein 2,3g, bread units 0,3



Friday 07.08.



Romaine lettuce with bell
peppers and caesar
dressing

G, G1, M,
Me, La, S

Nutritional value per serving:
443kJ/106kcal, fat 8,1g, saturated fat 1,6g,
carbo hydrates 3,0g, sugar 5,3g, fiber 1,8g,
protein 2,3g, bread units 0,3



Saturday 08.08.



Cucumber salad with dill
and yogurt dressing

M, La, Me
12, 10S

Nutritional value per serving:
563kJ/135kcal, fat 9,3g, saturated fat 1,6g,
carbo hydrates 9,0g, sugar 5,3g, fiber 1,8g,
protein 2,3g, bread units 0,3



Sunday 09.08.



Mixed salad with feta and
balsamico-dressing

M, La, Sd,
Sn, Me 12,
10

Nutritional value per serving:
566kJ/135kcal, fat 8,3g, saturated fat 1,4g,
carbo hydrates 14g,sugar 7,9g, fiber 1,8g,
protein 2,1g, bread units 0,3



MAIN COURSE

Tuesday 04.08.



Beef roulade in sauce with potato dumplings and red cabbage

S, Sn
Ei, M, Me, La

Nutrition Facts Per Serving

1691kJ/401kcal, Fat 9.0g, Saturated Fatty Acids 1.9g, Carbohydrates 51g, sugars 8.2g, fiber 4.9g, Protein 26g, bread units 4.3



Wednesday 05.08.



Creamed strips of pork seasoned with marjoram noodles with egg Carrots

G, G1, M, Me, La
G, G1, Ei

Nutrition Facts Per Serving

1991kJ/475kcal, fat 22g, saturated fatty acids 7.0g, Carbohydrates 38g, Sugars 7.8g, Fiber 4.0g, Protein 29g, bread units 3.2



Thursday 06.08.



Beef dumplings "Köttbullar" in cream sauce with cranberries Boiled potatoes Green beans

G, G1, Ei, M, Me, La, S

Nutrition Facts Per Serving

1927kJ/461kcal, fat 25g, saturated fatty acids 9.1g, Carbohydrates 39g, sugars 9.4g, fiber 5.1g, Protein 17g, bread units 3.2



Friday 07.08.



Spicy chili con carne Basmati rice Creamy herb dip - sour cream style

S
G, G1, Ei, M, Me, La, S

Nutrition Facts Per Serving

1750kJ/416kcal, Fat 12g, Saturated Fatty Acids 6.6g, Carbohydrates 52g, Sugars 7.4g, Fiber 9.9g, Protein 20g, bread units 4.3



Saturday 08.08.



Roast pork "Bavarian style" in sauce Potato dumplings Bavarian cabbage

G, G3, Ei, S, Sn
Ei, M, Me, La, S, Sn

Nutrition Facts Per Serving

2076kJ/493kcal, Fat 15g, Saturated Fat 5.3g, Carbohydrates 55g, Sugars 7.9g, Fiber 4.8g, Protein 32g, bread units 4.6



Sunday 09.08.



Chicken breast fillet on Mediterranean vegetables Pasta Tomato sauce "Napoli style"

G, G1, M, Me, (Sn)
G, G1

Nutrition Facts Per Serving

2126kJ/505kcal, Fat 14g, Saturated Fatty Acids 3.0g, Carbohydrates 59g, Sugars 18g, Fiber 7.8g, Protein 32g, bread units 4.9



DESSERT

Tuesday 04.08.



Apple ragout with biscuit crumble

G, M, La, Me, G1 12, 10

Nutrition Facts Per Serving

457kJ/109kcal, Fat 0.1g, Saturated Fatty Acids 0.0g, Carbohydrates 26g, Sugar 19g, Fiber 1.3g, Protein 0.3g, bread units 0.9



Wednesday 05.08.



Yoghurt with Honey and oats flakes

G, G1, M, Me, La, S

Nutrition Facts Per Serving

843kJ/201kcal, Carbohydrates 26g, Fat 8.8g, Protein 3.3g, saturated fatty acids 4.3g, sugars 19g, Bread Units 1.5



Thursday 06.08.



Chocolate mousse with cherry ragout

M, La, Me 12, 10

Nutrition Facts Per Serving

1368kJ/327kcal, Fat 19g, Saturated Fatty Acids 7.9g, Carbohydrates 36g, Sugar 28g, Protein 4.1g, Bread Units 1.9



Friday 07.08.



Rice pudding with cinnamon sugar

G, G1, M, Me, La, S

Nutrition Facts Per Serving

2144kJ/508kcal, Carbohydrates 103g, Fat 3.8g, Protein 15g, saturated fatty acids 2.0g, sugars 49g, Dietary fibre 1.1g, bread units 6.5



Saturday 08.08.



Apple banana puree

(G), (M), (Me), (La) 3

Nutrition Facts Per Serving

309kJ/73kcal, Fat 0.2g, Saturated Fatty Acids 0.1g, Carbohydrates 17g, Sugars 16g, Fiber 1.9g, Protein 0.4g, bread units 1.4

Sunday 09.08.



Banana puree with fruit

M, La, Me, Sf 12, 10

Nutrition Facts Per Serving

1015kJ/242kcal, Fat 11g, Saturated Fatty Acids 5.1g, Carbohydrates 30g, Sugar 23g, Protein 6.0g, Bread Units 1.9



LEGEND

 with Alcohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
 made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
 made with chicken ingredients	03 Antioxidants	12 may have a laxative effect if consumed in excess	Fi Fish	K Crustaceans	Se Sesame	Sf6 Brazil nuts
 made with beef ingredients	04 Flavor enhancer	19 containing caffeine	G Gluten	La Lactose	Sf Nuts	Sf7 Pistachios
 made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
 vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
 vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery	() May contain traces of ...	

MENU PLAN

gratus 

Valid 11.08. until 16.08.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



1 DAILY SPECIAL

+APPETIZER

+SALAD

+DESSERT

+DRINK

MENU

PRICE

09,50€

STARTERS

Tuesday 11.08.



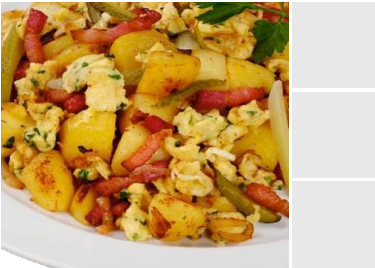
Lentil soup
"Swabian stlye"

S 20

Nutrition Facts Per Serving 1204kJ/286kcal, fat 8.6g, saturated fatty acids 1.5g, Carbohydrates 37g, sugars 2.7g, fiber 4.4g, Protein 13g, bread units 3.1



Wednesday 12.08.



Farmer's Feast

Ei, M, Me, La
20, 3

Nutrition Facts Per Serving 693kJ/166kcal, Fat 10g, Saturated Fatty Acids 2.1g, Carbohydrates 12g, Sugars 1.6g, Fiber 1.2g, Protein 5.1g, bread units 1.0



Thursday 13.08.



Tomato soup

G, G1,
M, Me, La, S

Nutrition Facts Per Serving 747kJ/179kcal, fat 11g, saturated fatty acids 4.2g, Carbohydrates 16g, Sugars 9.3g, Fiber 1.9g, Protein 2.7g, bread units 1.4



Friday 14.08.



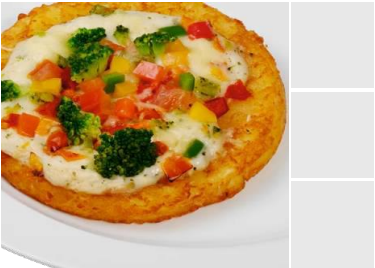
Lentil Balls Made from
Potatoes and Brown
Lentils Bulgur Curry Pan
Lentil balls Made from

G, G1, M,
Me, La, S

Nutrition Facts Per Serving 1457kJ/348kcal, Fat 16g, Saturated Fatty Acids 2.5g, Carbohydrates 40g, sugars 6.6g, fiber 5.6g, Protein 8.6g, bread units 3.3



Saturday 15.08.



Giant Rösti

M, Me, La, S

Nutrition Facts Per Serving 826kJ/198kcal, fat 9.9g, saturated fatty acids 5.3g, Carbohydrates 23g, sugars 1.2g, fiber 1.6g, Protein 3.3g, bread units 1.9



Sunday 16.08.



Clear soup Pancakes with
chives

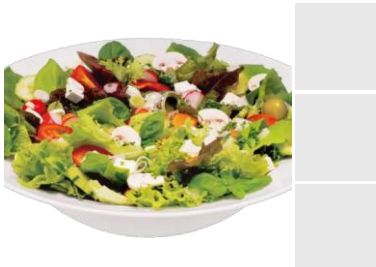
S
G, G1, Ei, M,
Me, La, (Sb),

Nutrition Facts Per Serving 305kJ/73kcal, Fat 2.8g, Saturated Fatty Acids 0.7g, Carbohydrates 8.9g, sugars 1.7g, fiber 0.5g, Protein 2.7g, bread units 0.7



SALAD

Tuesday 11.08.

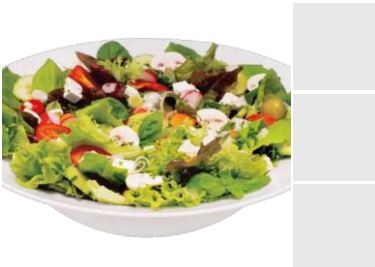


Red cabbage salad with
onions and light beer
Balsamic dressing

Sd, Sn 12,
10

Nutrition Facts Per Serving 566kJ/135kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 14g, Sugars 7.9g, Fiber 1.8g, Protein 2.1g, bread units 0.3

Wednesday 12.08.

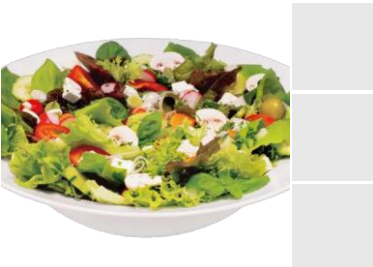


Apple-celery salad with
cranberry and Yoghurt
Dressing

M, La, Me,
Sf, S 12, 10

Nutrition Facts Per Serving 675kJ/153kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 18g, Sugars 8.9g, Fiber 1.8g, Protein 2.1g, bread units 0.3

Thursday 13.08.



Mixed salad with baby
spinach croutons and
Caesar dressing

Ei, G, M, La,
Sd, Sn, Me,
G1 12, 10

Nutrition Facts Per Serving 522kJ/125kcal, Fat 8.3g, Saturated Fatty Acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3

Friday 14.08.

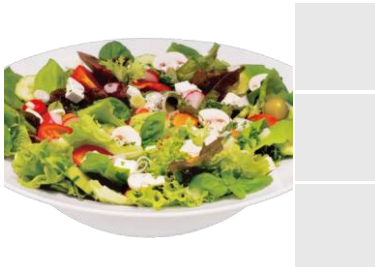


Couscous salad with
colorful vegetables, basil
and tomatoes

G, Sd, G1
12, 10

Nutrition Facts Per Serving 1007kJ/241kcal, Fat 10g, Saturated Fatty Acids 1.4g, Carbohydrates 29g, Sugar 13g, Fiber 1.8g, Protein 6.1g, bread units 0.3

Saturday 15.08.

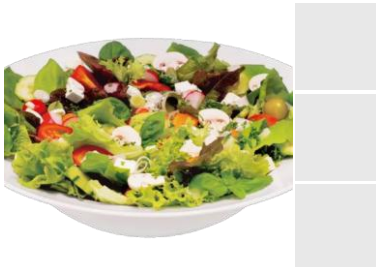


Mixed salad with black
olives and light balsamic
dressing

Sd, Sn 12,
10

Nutrition Facts Per Serving 663kJ/159kcal, Fat 11g, Saturated Fatty Acids 1.9g, Carbohydrates 11g, Sugars 5.9g, Fiber 1.8g, Protein 2.6g, bread units 0.3

Sunday 16.08.



Mixed salad with
chickpeas and yogurt
dressing

M, La, Me
12, 10

Nutrition Facts Per Serving 923kJ/221kcal, fat 11g, saturated fatty acids 2.4g, Carbohydrates 27g, Sugars 12g, Fiber 1.8g, Protein 5.1g, bread units 0.3

MAIN COURSE

Tuesday 11.08.  Sausage pan "hunter style" of pork Fried potato noodles Finger carrots "natural" G, G1, M, Me, La, S 20, 3 G, G1, Ei Nutrition Facts Per Serving 2005kJ/479kcal, Fat 24g, Saturated Fatty Acids 8.3g, Carbohydrates 48g, sugars 4.9g, fiber 3.4g, Protein 15g, bread units 4.0 	Wednesday 12.08.  Swabian Sauerbraten Spätzle Red cabbage G, G1, M, Me, La, S G, G1, Ei Nutrition Facts Per Serving 1869kJ/444kcal, Fat 12g, Saturated Fatty Acids 4.3g, Carbohydrates 51g, Sugars 16g, Fiber 3.9g, Protein 30g, bread units 4.3 	Thursday 13.08.  Massaman curry with chicken Basmati rice Fi, Sb, M, Me, La Nutrition Facts Per Serving 2454kJ/585kcal, Fat 23g, Saturated Fatty Acids 18g, Carbohydrates 59g, sugars 8.8g, fiber 4.4g, Protein 32g, bread units 4.9 	Friday 14.08.  Schnitzel pot over baking in leek cream sauce French fries Green vegetable mix G, G1, M, Me, La, Sn Ei, M, Me, La Nutrition Facts Per Serving 3137kJ/750kcal, Fat 36g, Saturated Fatty Acids 13g, Carbohydrates 58g, Sugars 9.2g, Fiber 7.9g, Protein 41g, bread units 4.8 	Saturday 15.08.  Fish Poppers Alaska Pollock with Puffreispanade Parsley potatoes Spinach leaves chopped with cream G, G1, G2, G3, G4, Fi, (Ei), (M), (Me), (La), (Sn) G, G1, M, Me, La Nutrition Facts Per Serving 2386kJ/568kcal, Fat 21g, Saturated Fatty Acids 4.1g, Carbohydrates 66g, Sugars 5.0g, Fiber 6.3g, Protein 25g, bread units 5.5 	Sunday 16.08.  Gyros Casserole (from pork) with sour cream and Cheese au gratin Scalloped fries Coleslaw with caraway seeds M, Me, La, S Sd, Sn 12, 10 Nutrition Facts Per Serving 2781kJ/691kcal, Fat 27g, Saturated Fat 11g, Carbohydrates 70g, sugars 27g, fiber 6.2g, Protein 64g, bread units 5.4 
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DESSERT

Tuesday 11.08.  Vanilla pudding M, La, Me, G1 12, 10 Nutrition Facts Per Serving 1098kJ/262kcal, Fat 6.0g, Saturated Fatty Acids 3.6g, Carbohydrates 44g, Sugars 31g, Fiber 0.0g, Protein 6.9g, bread units 2.1 	Wednesday 12.08.  Chocolate mousse with cherry ragout M, La, Me 12, 10 Nutrition Facts Per Serving 1368kJ/327kcal, Fat 19g, Saturated Fatty Acids 7.9g, Carbohydrates 36g, Sugar 28g, Protein 4.1g, Bread Units 1.9 	Thursday 13.08.  Chocolate pudding with strawberry ragout M, La, Me, Sf 12, 10 Nutrition Facts Per Serving 714kJ/170kcal, fat 3.6g, saturated fatty acids 1.6g, Carbohydrates 28g, Sugars 18g, Fiber 1.0g, Protein 5.2g, bread units 1.1 	Friday 14.08.  Strawberry yoghurt M, La, Me, Sf 12, 10 Nutrition Facts Per Serving 963kJ/230kcal, fat 8.9g, saturated fatty acids 4.5g, Carbohydrates 33g, Sugar 25g, Fiber 1.5g, Protein 3.4g, bread units 1.8 	Saturday 15.08.  Fruit salad Sf 12, 10 Nutrition Facts Per Serving 631kJ/150kcal, Fat 0.3g, Saturated Fatty Acids 0.1g, Carbohydrates 33g, sugars 28g, fiber 2.5g, Protein 2.0g, bread units 1.8 	Sunday 16.08.  Peach yoghurt M, La, Me 12, 10 Nutrition Facts Per Serving 871kJ/208kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 29g, sugars 20g, protein 3.3g, Bread Units 1.5 
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LEGEND

 with Alkohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
 made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
 made with chicken ingredients	03 Antioxidants	12 may have a laxative effect if consumed in excess	Fi Fish	K Crustaceans	Se Sesame	Sf6 Brazil nuts
 made with beef ingredients	04 Flavor enhancer	19 containing caffeine	G Gluten	La Lactose	Sf Nuts	Sf7 Pistachios
 made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
 vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
 vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery		() May contain traces of ...

MENU PLAN

gratus

Valid 18.08. until 23.08.2026

Subject to change. Items marked with an asterisk (*) are not listed on the menu plan. The information is available for review in the kitchen.



1 DAILY SPECIAL
+APPETIZER
+SALAD
+DESSERT
+DRINK

MENU
PRICE
09,50€

STARTERS

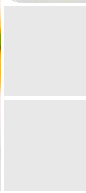
Tuesday 18.08.  Creamy broccoli soup M, Me, La, S Nutrition Facts Per Serving 1204kJ/286kcal, fat 8.6g, saturated fatty acids 1.5g, Carbohydrates 37g, sugars 2.7g, fiber 4.4g, Protein 13g, bread units 3.1	Wednesday 19.08.  Vegetarian lentil soup S Nutrition Facts Per Serving 693kJ/166kcal, Fat 10g, Saturated Fatty Acids 2.1g, Carbohydrates 12g, Sugars 1.6g, Fiber 1.2g, Protein 5.1g, bread units 1.0	Thursday 20.08.  Pizza Rolls with tomato filling and mozzarella G, G1, Ei, M, Me, La, (Sf), (Sf1), (Sf2), (S) Nutrition Facts Per Serving 1887kJ/448kcal, Fat 15g, Saturated Fatty Acids 5.2g, Carbohydrates 64g, sugar 5.8g, protein 15g, Bread Units 5.3	Friday 21.08.  Sweet potato soup with ginger M, Me, La Nutrition Facts Per Serving 820kJ/196kcal, Fat 11g, Saturated Fatty Acids 7.3g, Carbohydrates 22g, sugars 12g, fiber 2.2g, Protein 1.9g, bread units 1.9	Saturday 22.08.  Potato and endive pancakes Ei, M, Me Nutrition Facts Per Serving 1114kJ/266kcal, Fat 13g, Saturated Fatty Acids 6.1g, Carbohydrates 28g, Sugar A 2.1g, Fiber 3.2g, Protein 6.7g, bread units 2.4	Sunday 23.08.  Vegetable Spring Roll Creamy herb dip sour cream style G, G1, S, Sn M, Me, La, S Nutrition Facts Per Serving 1171kJ/280kcal, Fat 14g, Saturated Fatty Acids 5.5g, Carbohydrates 32g, sugars 6.7g, fiber 2.1g, Protein 5.1g, bread units 2.7
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SALAD

Tuesday 18.08.  Mixed salad with tomatoes and light balsamic dressing Sd, Sn 12, 10 Nutrition Facts Per Serving 603kJ/145kcal, fat 9.3g, saturated fatty acids 1.6g, Carbohydrates 10g, Sugars 5.3g, Fiber 1.8g, Protein 2.3g, bread units 0.3	Wednesday 19.08.  Cucumber salad with dill and yogurt dressing M, La, Me 12, 10 Nutrition Facts Per Serving 505kJ/121kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3	Thursday 20.08.  Mixed salad with corn and yogurt dressing M, La, Me 12, 10 Nutrition Facts Per Serving 394kJ/95kcal, Fat 8.3g, Saturated Fatty Acids 1.4g, Carbohydrates 3.0g, Sugars 3.9g, Fiber 1.8g, Protein 1.1g, bread units 0.3	Friday 21.08.  Mixed salad with black olives and light balsamic dressing Sd, Sn 12, 10 Nutrition Facts Per Serving 513kJ/123kcal, fat 8.3g, saturated fatty acids 1.4g, Carbohydrates 8.0g, sugars 4.9g, fiber 1.8g, Protein 2.1g, bread units 0.3	Saturday 22.08.  Coleslaw salad with white cabbage, carrots, mayo and lemon juice G, G1, M, Me, La, S Nutrition Facts Per Serving 840kJ/201kcal, Fat 14g, Saturated Fatty Acids 2.4g, Carbohydrates 13g, sugars 6.9g, fiber 1.8g, Protein 3.1g, bread units 0.3	Sunday 23.08.  Pretzel salad with pretzel radishes and light balsamic dressing G, G4, G1 12, 10 Nutrition Facts Per Serving 923kJ/221kcal, fat 11g, saturated fatty acids 2.4g, Carbohydrates 27g, Sugars 12g, Fiber 1.8g, Protein 5.1g, bread units 0.3
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MAIN COURSE

Tuesday 18.08.



Beef strips "Szechuan style" Mien noodle pan "Asia-Style"

G, G1, Sb
G, G1, Ei, Sb, M, Me, La, S

Nutrition Facts Per Serving 2210kJ/525kcal, fat 15g, saturated fatty acids 2.0g, Carbohydrates 67g, sugars 17g, fiber 6.5g, Protein 28g, bread units 5.6



Wednesday 19.08.



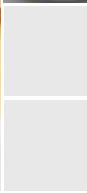
Half Roasted Chicken Potato Vegetable Gratin

G, G1, M, Me, La, S

Nutrition Facts Per Serving 3466kJ/828kcal, Fat 41g, Saturated Fatty Acids 15g, Carbohydrates 34g, sugars 4.8g, fiber 4.5g, Protein 78g, bread units 2.9



Thursday 20.08.



Westphalian Beef onion meat in cream sauce Boiled potatoes Cucumber salad with dill and yogurt dressing

G, G1, M, Me, La, S, Sn
M, La, Me 12, 10

Nutrition Facts Per Serving 2382kJ/566kcal, Fat 18g, Saturated Fatty Acids 5.1g, Carbohydrates 57g, Sugars 14g, Fiber 3.5g, Protein 39g, bread units 4.4



Friday 21.08.



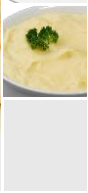
Bolognese sauce of beef and pork Spaghetti with egg

G, G1, M, Me, La, S

Nutrition Facts Per Serving 2330kJ/555kcal, fat 20g, saturated fatty acids 6.0g, Carbohydrates 60g, sugars 12g, fiber 5.3g, Protein 31g, Bread Units 5.0



Saturday 22.08.



Chicken fillets in cheese and leek sauce Vegetarian Rösti (brocoli) Mashed potatoes

M, Me, La, S
G, G1, Ei, M, Me, La
M, Me, La

Nutrition Facts Per Serving 3037kJ/725kcal, Fat 33g, Saturated Fatty Acids 13g, Carbohydrates 61g, sugars 9.8g, fiber 7.4g, Protein 42g, bread units 5.1



Sunday 23.08.



Giant grilled sausage Curry ketchup sauce Scalloped fries

3
Sn

Nutrition Facts Per Serving 3491kJ/836kcal, Fat 48g, Saturated Fatty Acids 16g, Carbohydrates 72g, sugars 15g, fiber 5.6g, Protein 27g, bread units 6.0



DESSERT

Tuesday 18.08.



Rice pudding with

M, La, Me 12, 10

Nutrition Facts Per Serving 2306kJ/547kcal, fat 9.6g, saturated fatty acids 6.1g, Carbohydrates 101g, Sugars 50g, Fiber 1.1g, Protein 13g, bread units 6.4



Wednesday 19.08.



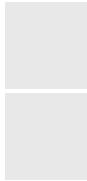
Red berry compote

G, G1, M, Me, La, S

Nutrition Facts Per Serving 444kJ/106kcal, Fat 0.2g, Saturated Fatty Acids 0.0g, Carbohydrates 24g, sugars 13g, fiber 2.1g, Protein 1.8g, bread units 0.7



Thursday 20.08.



Curd cream passion fruit

G, G1, G3, M, Me, La, (Sf)

Nutrition Facts Per Serving 1015kJ/242kcal, Carbohydrates 30g, Fat 11g, Protein 6.0g, saturated fatty acids 5.1g, sugars 23g, Bread Units 1.9



Friday 21.08.



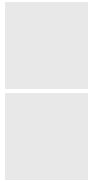
Yoghurt with Honey and oatmeal

M, La, G4, Me 12, 10

Nutrition Facts Per Serving 843kJ/201kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 26g, sugars 19g, protein 3.3g, Bread Units 1.5



Saturday 22.08.



Apple ragout with biscuit crumble

G, M, La, Me, G1 12, 10

Nutrition Facts Per Serving 457kJ/109kcal, Fat 0.1g, Saturated Fatty Acids 0.0g, Carbohydrates 26g, Sugar 19g, Fiber 1.3g, Protein 0.3g, bread units 0.9



Sunday 23.08.



Peach yoghurt

M, La, Me 12, 10

Nutrition Facts Per Serving 871kJ/208kcal, fat 8.8g, saturated fatty acids 4.3g, Carbohydrates 29g, sugars 20g, protein 3.3g, Bread Units 1.5



LEGEND

 with Alcohol	01 Dye	10 Sugar(s) and sweetener(s)	E Peanuts	G5 Spelt-wheat	Sb Soy	Sf4 Cashew nuts
 made with fish ingredients	02 Preservatives	11 contains a source of phenylalanine	Ei Eggs	G6 Khorasan wheat	Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)	Sf5 Pecan nuts
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 made with pork ingredients	06 redacted	20 Nitrite curing salt	G1 Wheat	Lp Lupins	Sf1 Almonds	Sf8 Macadamia/Queensland nuts
 vegetarian	07 waxed		G2 Rye	M Milk	Sf2 Hazelnuts	Sn Mustard
 vegan	08 Phosphate		G3 Barley	Me Milk protein	Sf3 Walnuts	W Mollusks
	09 Sweetener(s)		G4 Oats	S Celery		() May contain traces of ...