

MENU PLAN

gratus 

Valid 16.06. until 21.06.2026

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 16.06.

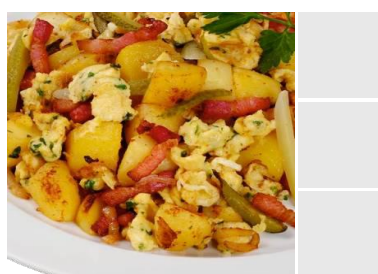


Lentil soup "Swabian stlye" S 20

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 17.06.



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 18.06.



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 19.06.

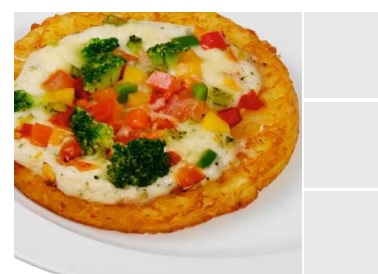


Lentil Balls Made from Potatoes and Brown Lentils Bulgur Curry Pan Lentil balls Made from G, G1, M, Me, La, S

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 20.06.



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 21.06.



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



SALAT

Tuesday 16.06.



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 17.06.



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

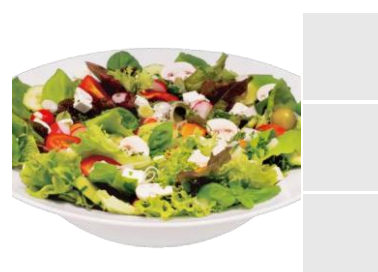
Thursday 18.06.



Mixed salad with baby spinach croustons 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 19.06.



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 20.06.



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 21.06.



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

HAUPTGERICHT

Tuesday 16.06.



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 17.06.



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 18.06.



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 19.06.



Schnitzel pot over baking in leek cream sauce Brown rice 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 20.06.



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 21.06.



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



NACHSPEISE

Tuesday 16.06.



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 17.06.



Cappuccino-Pudding G, G1, Sb, M, Me, La, (Ei), (Sf) 1

Nutrition Facts Per Serving 1324kJ/316kcal, Carbohydrates 38g, Fat 15g, Protein 4.2g, saturated fatty acids 7.3g, sugars 27g, Dietary fibre 0.7g, bread units 2.0



Thursday 18.06.



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 19.06.



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 20.06.



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 21.06.



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



made with fish ingredients



made with chicken ingredients



made with beef ingredients



made with pork ingredients



vegetarian



vegan

01 Dye

02 Preservatives

03 Antioxidants

04 Flavor enhancer

06 redacted

07 waxed

08 Phosphate

09 Sweetener(s)

10 Sugar(s) and sweetener(s)

11 contains a source of phenylalanine

12 may have a laxative effect if consumed in excess

19 containing caffeine

20 Nitrite curing salt

E Peanuts

Ei Eggs

Fi Fish

G Gluten

G1 Wheat

G2 Rye

G3 Barley

G4 Oats

G5 Spelt-wheat

G6 Khorasan wheat

K Crustaceans

La Lactose

Lp Lupins

M Milk

Me Milk protein

S Celery

Sb Soy

Sd Sulfur dioxide and sulfites (>10mg/kg or 10 mg/l)

Se Sesame

Sf Nuts

Sf1 Almonds

Sf2 Hazelnuts

Sf3 Walnuts

Sf4 Cashew nuts

Sf5 Pecan nuts

Sf6 Brazil nuts

Sf7 Pistachios

Sf8 Macadamia/Queensland nuts

Sn Mustard

W Mollusks

() May contain traces of ...