

# Dear families,

would you like to know which dishes are currently being prepared for your children in our kitchens? Then have a look at our menus here.

Our kitchen crew created this winter menu for you.

In this way you can see exactly what your children will be eating the next day. Our chefs and kitchen staff have made it their task to prepare delicious and healthy creations for the children.

Our menus are structured in such a way that plans "1" to "8" alternate every week. After eight weeks the process repeats itself and we start again with plan "1".

We hope your children enjoy our meals!

Yours,  
Joki-Team



Andreas Greiner  
*Kitchen Coordinator*  
*AcadeMedia South*



# Calendar weeks overview

menus		calendar week		
1	cw 40	cw 48	cw 4	cw 12
2	cw 41	cw 49	cw 5	cw 13
3	cw 42	cw 50	cw 6	cw 14
4	cw 43	cw 51	cw 7	cw 15
5	cw 44	cw 52	cw 8	cw 16
6	cw 45	cw 1	cw 9	cw 17
7	cw 46	cw 2	cw 10	cw 18
8	cw 47	cw 3	cw 11	cw 19



1

cw 40 | cw 48 | cw 4 | cw 12



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Breakfast

Homemade bread (A2-A5, G, K) with butter (G) and grilled chicken breast, served with gherkins

Fruit plate

Fresh potato bread (A5) with butter (G) and sliced cheese (G), served with raw vegetable

Cereal buffet with natural yoghurt (G), oat drink (A4), breakfast cereals (A1, A3-A5, L) and fruit

Homemade bread (A2-A5, G, K) with butter (G) and vegetarian spread (G, H, K), served with raw vegetable

Homemade Birchermuesli with yoghurt (G, A4), apples and bananas, served with two kinds of sliced fruit

## Lunch

Potato gnocchi (A1, C), served with a fruity tomato-basil-sauce and crunchy cucumber salad

Vegetable gratin (G, C) with carrots, cauliflower and peas, served with seasonal lettuce and fruit dressing (L)

Juicy beef meatballs (A5, C) with creamy savoy (G) and rice  
**Vegetarian alternative:**  
Falafel rounds (H, K, A5)

Multicoloured carrot-kohlrabi-stew with bulgur (A1) and bechamel sauce (G)

Homemade spinach-fish-lasagna (G, D, C, A1), served with carrot-apple-salad  
**Vegetarian alternative:**  
Spinach-vegetable-lasagna (G, C, A1)

## Snack

Homemade fruit yoghurt (G), served with crispy corn flakes

Fresh seasonal fruit

Homemade rice pudding (G) with a hint of cinnamon and berry compote

Fresh fruit

Pita bread with hummus (H, K) or butter (G), served with raw vegetable

Freshly baked marble cake (A5, C, G)

Fresh fruit/raw vegetable

Homemade focaccia (A5) with butter (G) and cream cheese variations (G)

Raw vegetable

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Our menu is designed according to the DGE quality standard.

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Breakfast	<p>Homemade bread (A2-A5, G, K) with butter (G) and grilled chicken breast, served with gherkins</p> <p>Fruit plate</p>	<p>Fresh potato bread (A5) with butter (G) and sliced cheese (G), served with raw vegetable</p>	<p>Cereal buffet with natural yoghurt (G), oat drink (A4), breakfast cereals (A1, A3-A5, L) and fruit</p>	<p>Homemade bread (A2-A5, G, K) with butter (G) and vegetarian spread (G, H, K), served with raw vegetable</p>	<p>Homemade Birchermuesli with yoghurt (G, A4), apples and bananas, served with two kinds of sliced fruit</p>
Lunch	<p>Ravioli Quattro Formaggi (A1, G, C) with cream sauce (G), served with crunchy cucumber-corn-salad</p>	<p>Broccoli cream soup (G) with homemade spelt bread (A5)</p>	<p>Baked turkey "Leberkäse", served with homemade potato wedges and tomato dip</p> <p><b>Vegetarian alternative:</b> Baked zucchini (G)</p>	<p>Mediterranean vegetables (I) with bulgur (A1), served with fresh herbed yoghurt dip (G)</p>	<p>Italian fish fillet (D, G), served with rice and light mustard sauce (G, J)</p> <p><b>Vegetarian alternative:</b> gratinated potato-"Rösti" with tomato-mozzarella (G, C)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade semolina (G, A1) with cherry compote</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly baked apple pie (A5, C, G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>“Schupfnudeln” (A1) with tomato sauce, served with carrot salad</p>	<p>Celery-apple-soup (G, I) with homemade spelt bread (A5)</p>	<p>Chili con carne with risoni noodles (A1), served with lettuce and fruit dressing (J, L)</p> <p><b>Vegetarian alternative:</b> Chili sin carne (F)</p>	<p>Dumplings (A1, C, G,) served with creamy mushrooms (G)</p>	<p>Fish fillet (D) gratinated with potato crust, served with herb sauce (G)</p> <p><b>Vegetarian alternative:</b> Stir-fried potatoes and vegetables</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade chocolate pudding (G), served with strawberry sauce</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G) served with raw vegetable</p>	<p>Freshly baked pear pie (A5, C, G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>Pasta (A1, C) with sweet pepper sauce and grated parmesan (C, G), served with raw vegetable salad (L)</p>	<p>Fruity carrot soup with homemade spelt bread (A5)</p>	<p>Chicken-vegetable-curry (G, H5) from chicken breast with bulgur (A1)  <b>Vegetarian alternative:</b>            Vegetable-curry (G, H5)</p>	<p>Mediterranean vegetable lasagna (G, A1), served with seasonal lettuce and yoghurt dressing (G)</p>	<p>Fried cod (D), served with multicoloured creamy vegetables and potatoes  <b>Vegetarian alternative:</b>            Mashed potatoes (G) with creamy vegetables (G)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>creamy junket (G) with homemade pear compote</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly baked brioche braid (A5, C, G) with homemade jam and butter (G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>Multicoloured stir-fried vegetables with rice, served with sour cream dip (G) and beetroot salad (K, L)</p>	<p>Potato soup (I) with vegetables and poultry sausage as a garnish, served with homemade spelt bread (A5)</p>	<p>Beef goulash with sweet peppers, served with homemade "spaetzle" (A1, A5)</p> <p><b>Vegetarian alternative:</b> Tofu goulash with sweet pepper and "spaetzle" (A1, A5)</p>	<p>Vegetable-"Maultaschen" (A1, C, I) with fruity tomato sauce, served with pointed cabbage salad (L)</p>	<p>Fish-vegetable-curry (D, G, H5, I) with sun wheat (A1), served with lettuce and dressing (G, L)</p> <p><b>Vegetarian alternative:</b> Vegetable-curry (G, H5, I)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Creamy vanilla pudding (G) with fruit ragout</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly carrot-zucchini-cake (A5, C, G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>Pasta (A1, C) with mediterranean sauce and fresh grated parmesan (C, G), served with raw vegetable salad (L)</p>	<p>Creamy sweet pepper-soup (G) with homemade spelt bread (A5)</p>	<p>Poultry meatloaf (A5, C, J) with potato wedges and tomato dip, served with lettuce (L, J). <b>Vegetarian alternative:</b> Potato wedges with sour cream (G) and lettuce (L)</p>	<p>Parsnip-carrot-stew with bechamel sauce (G), served with rice</p>	<p>Fried catfish fillet (D) with root vegetables (I), couscous (A1) and herb yoghurt (G) <b>Vegetarian alternative:</b> Vegetable-couscous (A1, I) with herb yoghurt (G)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade rice pudding (G) with a hint of cinnamon, served with homemade apple compote</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly baked chocolate cake (A5,C,G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>Pasta (A1, C) with fruity orange-pumpkin sauce with grated parmesan (C, G) and cucumber salad</p>	<p>Parsley root-soup (G) with sun wheat (A1) and homemade baked spelt bread (A5)</p>	<p>Turkey goulash in light curry sauce (G), served with bulgur (A1)</p> <p><b>Vegetarian alternative:</b> Vegetarian meatballs (A1, G) with sour cream (G)</p>	<p>Homemade cheese "spaetzle" with Bavarian cheese (G, C, A1, A5), served with zucchini salad (L)</p>	<p>Homemade fish sticks (D, A1, A5), served with lemon potatoes and remoulade (J)</p> <p><b>Vegetarian alternative:</b> Baked kohlrabi (A1, A5)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade red fruit jelly, served with vanilla sauce (G, A1)</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly baked "Amerikaner" with lemon glaze (A5, C, G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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Lunch	<p>Pasta (A1, C) with pea pesto (C, G), served with freshly grated parmesan (C, G)</p> <p>Raw vegetable salad (L)</p>	<p>“Dampfnudeln” (A5,C) with homemade vanilla sauce (G)</p>	<p>Chicken-carrot-leek-ragout (G) with rice and lettuce (G, J, L)</p> <p><b>Vegetarian alternative:</b> Vegetable-ragout (G) with rice and lettuce (G, J, L)</p>	<p>Winter vegetable casserole (G, C), served with yoghurt dip (G)</p>	<p>Grilled salmon fillet (D) with potatoes and dill sauce (G), served with pointed cabbage salad (L)</p> <p><b>Vegetarian alternative:</b> Potato gratin (C, G), served with pointed cabbage salad (L)</p>
Snack	<p>Homemade fruit yoghurt (G), served with crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade bread (A2-A5, G, K) with butter (G) and cheese cubes (G)</p> <p>Fresh fruit</p>	<p>Pita bread with hummus (H, K) or butter (G), served with raw vegetable</p>	<p>Freshly baked lemon cake (A5, C, G)</p> <p>Fresh fruit/raw vegetable</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese variations (G)</p> <p>Raw vegetable</p>

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