

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 summer 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 reserve the right to make changes to the menu throughout the year to ensure that the dishes remain up-to-date.

We hope your children enjoy our meals!

Yours,
Joki-Team



Andreas Greiner

*Kitchen Coordinator
AcadeMedia South*



Calendar weeks overview

plan	calender week			
1	cw 12	cw 20	cw 28	cw 36
2	cw 13	cw 21	cw 29	cw 37
3	cw 14	cw 22	cw 30	cw 38
4	cw 15	cw 23	cw 31	cw 39
5	cw 16	cw 24	cw 32	cw 40
6	cw 17	cw 25	cw 33	cw 41
7	cw 18	cw 26	cw 34	cw 42
8	cw 19	cw 27	cw 35	cw 43



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade bread (A2-A5, G, K) with butter (G) and sliced cheese (G), served with gherkins (L) fruit plate	Homemade bread (A2-A5, G, K) with butter (G) and poultry sausage, served with raw vegetables	Cereal buffet with natural yoghurt (G), oat drink (A4), breakfast cereals (A1, A3-A5, L) and fruit	Fresh sultana bread (A5, G, C, L) optionally with butter and/or homemade jam, served with fresh fruit	Homemade blueberry porridge (A4), served with two kinds of sliced fruit
Lunch	Half wholemeal pasta (A1) with fruity green spelt bolognese (A5, J) leaf salad with yoghurt dressing (G)	Carrot-orange soup (A4) with potato and carrot cubes, served with spelt box bread (A5)	Chicken cutlets in cream sauce (A4) with homemade "spaetzle" (A1, A5, C) Vegetarian alternative: Tofu cutlets with "spaetzle" (F, H5, A1, A5, C)	Creamed spinach (G, A4) with scrambled eggs (C) and salt potatoes Raw vegetable salad (L, J)	Fried catfish fillet (D), rice, root vegetable and „Frankfurter“ green sauce (G) Vegetarian alternative: Vegetable bolognese with noodles (A1, C)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Homemade semolina (G, A1) with raspberry compote Fresh fruit	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) Fresh fruit and raw vegetables	Homemade focaccia (A5) with butter (G) and cream cheese variations (G) Raw vegetable	Freshly baked plum noodles (A5, G, C) with fruit and raw vegetables

Allergens: A: gluten-containing grain (A1: wheat, A2: rye, A3: barley, A4: oat, A5: spelt), B: crustaceans, C: egg, D: fish, E: peanuts, F: soy, G: milk (including lactose), H: nuts (H1: almonds, H2: pistachios, H3: hazelnuts, H4: walnuts, H5: coconuts), I: celery, J: mustard, K: sesame seeds, L: sulfur dioxide/ sulfites).

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 sliced cheese (G), served with gherkins (L)</p> <p>Fruit plate</p>	<p>Homemade bread (A2-A5, G, K) with butter (G) and poultry sausage, served with raw vegetables</p>	<p>Cereal buffet with natural yoghurt (G), oat drink (A4), breakfast cereals (A1, A3-A5, L) and fruit</p>	<p>Fresh banana bread (A5, G, C) optionally with butter and/or homemade jam, served with fresh fruit</p>	<p>Homemade blueberry porridge (A4), served with two kinds of sliced fruit</p>
Lunch	<p>Half wholemeal pasta (A1) with pea-ham cream sauce (G, A4), served with a raw vegetable salad (J, L)</p>	<p>Cream of tomato soup (A4) optionally with croutons (A2-A5) and/or vermicelli pasta (A1)</p>	<p>Chicken-vegetable-curry (A4, I, J, H5) with „Ebly“ (A1), served with leaf salad with mustard dressing (G, J, L)</p> <p>Vegetarian alternative: Vegetable-curry (I, J, H5)</p>	<p>Bavarian "Käsespätzle" (A1, A4, A5, C, G) with a fruity cucumber salad</p>	<p>Fish fingers (D, A1, A5), potato pieces, served with tartar sauce (J, L)</p> <p>Vegetarian alternative: Vegetable sticks (A1, A5)</p>
Snack	<p>Homemade fruit yoghurt (G) with wholemeal crispy corn flakes</p> <p>Fresh seasonal fruit</p>	<p>Homemade rice pudding (G) with strawberry sauce</p> <p>Fresh fruit</p>	<p>Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5)</p> <p>Fresh fruit and raw vegetables</p>	<p>Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables</p>	<p>Freshly baked apple pie (A1, A5, G, C), served with fresh fruit and raw vegetables</p>

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Lunch	Half wholemeal pasta (A1) with fruity tomato cream sauce (A4), served with grated parmesan cheese (G, C) and raw vegetable salad (J, L)	Creamy potato-leek soup with vegetables (I), served with poultry sausages and homemade spelt bread (A5)	Chicken breast gyros, served with rice and creamy cucumber dip (G) Vegetarian alternative: Vegetable gyros (I,J)	Carrot-cauliflower-vegetables with bulgur (A1) and cream sauce (G, A4)	Fish-vegetable curry (D, I, J, H5, G, A4) with sun wheat (A1), served with leaf salad with fruit dressing (L) Vegetarian alternative: Mexican rice pan
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Homemade red fruit jelly with vanilla sauce (G) Fresh fruit	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) Fresh fruit and raw vegetable	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Freshly baked chocolate cake (A1,A5,G,C), served with fresh fruit and raw vegetables

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Lunch	Ricotta-spinach-tortellini (A1, G, C) with cheese-cream sauce (G, A4), served with raw vegetable salad (J, L)	Creamy zucchini soup (A4) with diced carrots, served with "Ebly" (A1) with homemade spelt bread (A5)	Beef goulash with pepper, served with homemade mashed potatoes (G) Vegetarian alternative: Tofu goulash (I, J) with mashed potatoes (G)	Braised vegetables with "bulgur" (A1), served with sour cream dip (G)	Grilled salmon fillet (D), rice, served with seasonal vegetables and herb sauce (G, A4) Vegetarian alternative: Vegetable-rice-pan with herb sauce (G, A4)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Vanilla-rusk-pudding (G, A1) with fruit sauce Fresh fruit	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) Fresh fruit and raw vegetable	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Homemade apple muffins (A1, A5, G, C) Fresh fruit and raw vegetable

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Lunch	Half-wholemeal pasta (A1) with parmesan sauce (G, A4, C), served with a cucumber-corn-salad (L)	Sweet potato soup with vegetables, peas and homemade spelt bread (A5)	Sliced beef with peppers, spinach, „spatzle“ (A1, A5, C) and leaf salad with mustard dressing (L, J, G) Vegetarian alternative: Vegetables with „spatzle“ (A1, A5, C)	Multicoloured ratatouille vegetables with risoni noodles (A1)	Fish lasagne (D), spinach bechamel (G, C, A1, A4) with a fruity apple-carrot salad Vegetarian alternative: Spinach-tomato-lasagne (G, C, A1, A4)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Homemade chocolate pudding (G), served with a fresh seasonal fruit plate	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) fruit and raw vegetable	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Homemade marble cake (A1, A5, G, C), served with fruit and raw vegetables

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Lunch	Dumplings (A1, C) with herb sauce (G, A4), served with a raw vegetable salad (L, J)	Creamy cauliflower soup (A4) with potato cubes as a garnish and homemade spelt bread (A5)	Baked chicken pieces (A1, A5), served with potato wedges and tomato dip Vegetarian alternative: Baked kohlrabi (A1, A5)	Multicoloured pepper-zucchini-vegetables with "bulgur" (A1) and crème fraîche (G)	Grilled pollock fillet (D) with light pineapple curry sauce (H5, I, J) and couscous (A1) Vegetarian alternative: Couscous-vegetable (A1)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Homemade vanilla pudding (G), served with a colourful fruit plate of the season	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) fruit and raw vegetable	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Juicy lemon cake (A1, A5, G, C), served with fruit and raw vegetables

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Lunch	"Gnocchi" (A1, C) with cream cheese-herb sauce (G, A4), served with a tomato salad with mild balsamic dressing (L, J)	Creamy cabbage soup (A4) with diced cabbage and homemade baked spelt bread (A5)	Turkey meatballs (A5, C, J) with mashed potatoes (G) tomato sauce and multicoloured market vegetables Vegetarian alternative: Vegetable balls (A1, C)	Multicoloured vegetables with carrots, peas, corn, served with couscous (A1) and herb yoghurt (G)	Fried pollack fillet (D) with rice and "Frankfurter" green sauce (G) Vegetarian alternative: Stuffed zucchini (A1)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy corn flakes Fresh seasonal fruit	Cottage cheese (G) with a hint of vanilla, served with cherry compote Fresh fruit of the season	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G, I) and fruit shake made from coconut drink (H5) Fruit and raw vegetable	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Freshly baked zucchini-carrot cake (A1, A5, G, C), served with fruit and raw vegetables

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Lunch	Half wholemeal pasta (A1) with mushroom cream sauce (G, A4), served with a fruity zucchini salad (L)	Creamy vegetable soup (A4) with vermicelli (A1) as a garnish, served with freshly baked white spelt bread (A5)	Diced meat "Zurich style" (A4) with „spaetzle“ (A1, A5, C), served with a multicoloured salad (G, L, J) Vegetarian alternative: Falafel with dip (F, K, G)	Carrot vegetables with cream sauce (G, A4), served with rice and leaf salad with light mustard dressing (G, J, L)	Fried fish nuggets (D, A1, A5), potato wedges and remoulade (J, L) Vegetarian alternative: Baked zucchini (A1, A5)
Snack	Homemade fruit yoghurt (G) with wholemeal crispy flakes Fresh seasonal fruit	Apricot crumble (G, A4, A5), served with fresh seasonal fruit	Homemade bread (A2-A5, G, K), served with vegetable cream cheese (G,I) and fruit shake made from coconut drink (H5) Fruit and raw vegetables	Homemade focaccia (A5) with butter (G) and cream cheese (G), served with raw vegetables	Freshly baked plum cake with crumble (A1, A5, G, C), served with fruit and raw vegetables

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