

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 41	cw 49	cw 5	cw 13
2	cw 42	cw 50	cw 6	cw 14
3	cw 43	cw 51	cw 7	cw 15
4	cw 44	cw 52	cw 8	cw 16
5	cw 45	cw 1	cw 9	cw 17
6	cw 46	cw 2	cw 10	cw 18
7	cw 47	cw 3	cw 11	cw 19
8	cw 48	cw 4	cw 12	cw 20



1

cw 41 | cw 49 | cw 5 | cw 13



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate

We like it best when we mix it ourselves
Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season

Bake and enjoy
Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season

Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season

Lunch

Pasta Day
Pasta "half & half" (A1) with fruity tomato-basil-sauce, served with fresh cucumber-salad

Delicious soups
Creamy potato soup with diced vegetables (I) and poultry wieners (at choice), served with homemade spelt bread (A5)

Juicy beef meatballs (A5, C, J) with rice
Vegetarian alternative:
Falafel (H, K, A5), served with creamy savoy cabbage (G, A4)

Healthy & wholesome
Vegetable ragout of carrots, turnip cabbage and bulgur (A1) in creamy sauce (G, A4), served with fresh salad of the season

Fish lasagne with spinach (G, A4, C, A1)
Vegetarian alternative:
Vegetable lasagne (G, A4, C, A1), served with apple-carrot-salad

Snack

We like it best with our own toppings
Fresh bread (A2-A5, G, K) with margarine, sliced cheese (G) and pickles (L), served with mixed raw vegetables

Lukewarm rice pudding (G) with cinnamon and sultanas (at choice), served with fruit of the season

Fresh bread (A2-A5, G, K) with butter and diced cheese (G), served with mixed raw vegetable plate

Lukewarm rosemary-focaccia (A5) with cream cheese (G), served with mixed raw vegetable plate

Bake and enjoy
Homemade marble cake (A5, C, G), served with fruit salad of the season

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.



2

cw 42 | cw 50 | cw 6 | cw 14



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate

We like it best when we mix it ourselves
Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season

Bake and enjoy
Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season

Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season

Lunch

Pasta Day
Pasta "half & half" (A1) with light creamy sauce (G, A4), served with cucumber-corn-salad (L)

Delicious soups
Colourful vegetable soup (A4, I) for little gourmets with poultry wieners (at choice) and homemade spelt bread (A5)

Chicken nuggets with crispy breading (A1, A5)
Vegetarian alternative:
Vegetable nuggets (G) with potato wedges and fruity tomato-dip

Healthy and wholesome
Autumnal vegetable-bulgur-ragout (I, A1) with carrots, courgettes and peppers, served with a yoghurt-herb-dip (G) and fresh salad of the season

Fish fillet (D) „italian style" with mild mustard sauce (G, A4) and rice
Vegetarian alternative:
Potato „östi“, served with tomato-mozzarella-salad (G, C)

Snack

We like it best with our own toppings
Fresh bread (A2-A5, G, K) with margarine, sliced cheese (G) and pickles gherkins, served with mixed raw vegetables

Lukewarm semolina porridge (G) with berry puree, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with herb-cream cheese (G), served with mixed raw vegetable plate

Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate

Bake and enjoy
Homemade apple pie (A5, C, G), served with fresh fruit of the season

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate	We like it best when we mix it ourselves Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season	Bake and enjoy Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season	Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season
Lunch	Pasta Day Pasta "half & half" (A1) with creamy tomato sauce, served with cucumber-salad	Delicious soups Creamy apple-celery soup (A4, I), served with bulgur-tomato-pepper-salad	Mildly seasoned chilli con carne Vegetarian alternative: chilli sin carne (F) with rice noodles (A1), served with autumnal leaf salad with apple-dressing (L)	Healthy and wholesome Bread dumplings (C, G, A1) in creamy mushroom cream sauce (G)	Catfish sausage (D, C) Vegetarian alternative: Vegetable sticks (G, C) with mashed potatoes (G), pea vegetables and fine sauce (I)
Snack	We like it best with our own toppings Fresh bread (A2-A5, G, K) with margarine, sliced cheese (G) and pickles (L), served with mixed raw vegetables	Lukewarm chocolate pudding (G), served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with herb-cream cheese (G), served with mixed raw vegetable plate	Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate	Bake and enjoy Homemade pear pie (A5, C, G), served with fresh fruit of the season

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4

cw 44 | cw 52 | cw 8 | cw 16



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate

We like it best when we mix it ourselves
Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season

Bake and enjoy
Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season

Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season

Lunch

Pasta Day
Pasta "half & half" (A1) with mediterranean sauce and grated parmesan (G, C), served with raw vegetable salad of the season (L)

Delicious soups
Creamy potato-carrot-soup with poultry wieners (at choice), served with homemade spelt bread (A5)

Pineapple-chicken-coconut-curry (G, H5, I)
Vegetarian alternative:
Fruity vegetable curry (H5, I), served with rice

Healthy & wholesome
Mediterranean vegetable lasagne (G, A1, C) baked with cheese (G), served with colourful salad of the season (L)

Panfried pollack fillet (D)
Vegetarian alternative:
Vegetable cutlets, served with boiled potatoes and creamed vegetables (G)

Snack

We like it best with our own toppings
Fresh bread (A2-A5, G, K) with margarine, sliced cheese (G), pickles (L) and mixed raw vegetables

Lukewarm berry curd casserole (G, A1, C), served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with herb-cream cheese (G), served with mixed raw vegetable plate

Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate

Bake and enjoy
Homemade lemon cake (A5, C, G), served with fruit salad of the season

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5

cw 45 | cw 1 | cw 9 | cw 17



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate

We like it best when we mix it ourselves
Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season

Bake and enjoy
Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season

Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season

Lunch

Pasta day
Small ravioli (A1) with vegetable filling and mild tomato sauce (A4), served with sweet pepper-corn-salad (L)

Delicious soups
Fruity pumpkin-apple-soup with poultry wieners (at choice), served with homemade spelt bread (A5)

Juicy beef goulash
Vegetarian alternative:
Tofu goulash (F), served with egg „spaetzle“ (A1, A5, C) and pepper vegetables

Healthy and wholesome
Autumnal vegetable-couscous-pan with cauliflower, broccoli and carrots (A1), served with sour-cream-dip (G)

Mild fish and vegetable curry (H5, I)
Vegetarian alternative:
Vegetable curry (H5, I), served with rice and cucumber-salad

Snack

We like it best with our own toppings
Freshly baked bread (A2-A5, G, K) with margarine, sliced cheese (G), pickles gherkins (L) and mixed raw vegetables

Lukewarm vanilla pudding (G) with pear-cinnamon-compote, served with fresh fruit of the season

Fresh bread (A2-A5, G, K) with herb-cream cheese (G), served with mixed raw vegetable plate

Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate

Bake and enjoy
Homemade pumpkin pie (A5, C, G) with fresh fruit of the season

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6

cw 46 | cw 2 | cw 10 | cw 18



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate	We like it best when we mix it ourselves Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season	Bake and enjoy Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season	Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season
Lunch	Pasta Day Pasta "half & half" (A1) with creamy cauliflower sauce (G) and grated cheese (G), served with tomato-salad (L)	Delicious soups Fruity tomato soup (A4) with bulgur (A1), served with homemade spelt bread (A5)	Poultry meatloaf (A5, C, J) Vegetarian alternative: Lentil cutlet, served with peas and potato wedges with gravy (I)	Healthy and wholesome Colourful pepper-parsnip-carrot-rice-pan with béchamel sauce (G, A4), served with cucumber-corn-salad	Panfried catfish fillet (D) Vegetarian alternative: Roasted vegetable fritter (A1, I), served with root vegetables (I), couscous (A1) and herb-yoghurt-dip (G)
Snack	We like it best with our own toppings Freshly baked bread (A2-A5, G, K) with margarine, sliced cheese (G), pickles (L) and mixed raw vegetable	Lukewarm plum crumble (G, A4, A5) with vanilla sauce (G), served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable-cream cheese (G), served with mixed raw vegetable plate	Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate	Bake and enjoy Homemade chocolate cake (A5, C, G) with fresh fruit of the season

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7

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate	We like it best when we mix it ourselves Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season	Bake and enjoy Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season	Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season
Lunch	Pasta Day Pasta "half & half" (A1) with autumnal pumpkin-orange sauce with grated cheese (G, C), served with mixed salad of the season (L)	Delicious soups Parsley root soup (A4) with wheat grains (A1) and poultry wieners (at choice), served with homemade spelt bread (A5)	Chicken fricassee (A4, G) Vegetarian alternative: Field bean fricassee (A4, G), served with rice	Healthy and wholesome Gratinated kohlrabi-potato-pumpkin casserole (G, C)	Homemade fish fingers (D, A1, A5) Vegetarian alternative: Kohlrabi cutlets (A1, A5), served with lemon-potatoes and tartar-sauce (J, L)
Snack	We like it best with our own toppings Fresh bread (A2-A5, G, K) with margarine, sliced cheese (G), pickles (L) and mixed raw vegetable	Fresh red fruit jelly with vanilla sauce (G) and spelt rusk to crunch (A5, C, G), served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable-cream cheese (G), served with mixed raw vegetable plate	Lukewarm rosemary-focaccia (A5) with butter (G), served with mixed raw vegetable plate	Bake and enjoy Iced cookie with lemon glaze (A5, C, G), served with fruit salad of the season

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade fruit yoghurt (G) with crispy flakes, served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with vegetable butter (G), served with mixed raw vegetable plate	We like it best when we mix it ourselves Colourful cereal buffet (A3-A5, L) with natural yoghurt (G) or oat drink (A4), served with fruit of the season	Bake and enjoy Fresh yeast plait (A5, C, G) with homemade fruit spread, served with fruit of the season	Lukewarm oat porridge (A4) with apple/pear compote, served with fruit of the season
Lunch	Pasta Day Pasta "half & half" (A1) with mild chickpea-curry sauce (A4) and grated parmesan (C, G), served with carrot-apple salad (L)	Delicious soups Creamy potato-turnip soup (A4) with poultry wieners (at choice), served with homemade spelt bread (A5)	Mildly seasoned curry-turkey goulash (A4) Vegetarian alternative: Vegetarian meatballs (A1, C, G) with sour cream, served with rice and carrot-pea-vegetables	Healthy and wholesome Vegetable ratatouille with couscous (A1) and tomato sauce, served with fresh salad of the season (L)	Grilled salmon fillet (D) Vegetarian alternative: Lentil fritter, served with mild mustard sauce (G, A4, J) and boiled potatoes
Snack	We like it best with our own toppings Fresh bread (A2-A5, G, K) with butter (G), sliced cheese (G), pickles (L) and mixed raw vegetable	Healthy power bars (A4, H5) made from oats, dates and bananas, served with fresh fruit of the season	Fresh bread (A2-A5, G, K) with herb-cream cheese (G), served with mixed raw vegetable plate	Lukewarm rosemary-focaccia (A5) with a homemade cream cheese variation and/or butter (G), served with fresh fruit/raw vegetables	Bake and enjoy Delicious semolina slice (A5, C, G), served with fresh fruit of the season

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