

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 "6" alternate every week. After six 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



Florian Burger
Kitchen Coordinator
Joki Bavaria



Calendar weeks overview

menus	calendar week			
1	cw 14	cw 20	cw 26	cw 32
2	cw 15	cw 21	cw 27	cw 33
3	cw 16	cw 22	cw 28	cw 34
4	cw 17	cw 23	cw 29	cw 35
5	cw 18	cw 24	cw 30	cw 36
6	cw 19	cw 25	cw 31	cw 37



1

cw: 14, 20, 26, 32



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 a 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 fresh fruit of the season

Berry smoothie bowl^{A4, G} with various toppings such as amaranth or coconut flakes^{H5}, served with fresh fruit of the season

Fresh bread^{A2-A5, G, K} with margarine, sliced cheese^G, served with mixed raw vegetables

Lunch

Pasta day
Pasta "half & half"^{A1} with fruity green spelt bolognese^{A5,J}, served with a fresh cucumber salad

Delicious soups
Creamy carrot-orang-soup and poultry wieners (at choice), served with homemade spelt bread^{A5}

Chicken strips^{A4}, served with "spaetzle"^{A1,A5,C} and peas
Vegetarian alternative:
Tofu strips, served with "spaetzle"^{A1,A5,C,F,H5} and peas

Healthy & wholesome
Creamed spinach^{A4,G} with scrambled eggs^{C,G}, served with mashed potatoes^G and a raw vegetable salad^{D,L}

Panfried catfish fillet^D, rice, root vegetables and mustard sauce^{A4, G}
Vegetarian alternative:
vegetable and rice pan, served with green sauce^G

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

Fresh semolina porridge^{A1,G}, served with a fruit sauce and a fresh fruit plate

Fresh bread^{A2-A5,G,K} with butter^G and fresh chives, served with a mixed raw vegetable plate

Lukewarm rosemary-focaccia^{A5} with cream cheese^G, served with mixed raw vegetables

Bake and enjoy
Homemade yeast pastry^{A5,C,G} with vanilla sauce^G, served with fresh fruit 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: 15, 21, 27, 33



	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 butter ^G and poultry sausage, served with a 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 fresh fruit of the season	Mango smoothie bowl ^{A4,G} with various toppings such as amaranth or coconut flakes ^{H5} , served with fresh fruit	Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G , served with mixed raw vegetables
Lunch	Pasta Day Pasta "half & half" ^{A1} with creamy pea sauce ^{G,A4} , served with a raw vegetable salad ^{J,L}	Delicious soups Fruity tomato cream soup ^{A4} with bulgur ^{A1} , served with homemade spelt bread ^{A5}	Beef goulash with pepper, served with rice Vegetarian alternative: Vegetable goulash with rice, served with leaf salad and yoghurt-mustard-dressing ^{G,J,L}	Wholesome Gratinated "spaetzle" with "allgaeu"-cheese ^{A1,A4,A5,C,G} , served with a colourful salad of cucumber, corn and carrot	Fish nuggets ^{D,A1,A5} , baked potatoes, served with remoulade ^{J,L} Vegetarian alternative: Baked vegetables ^{A1,A5} , served with potatoes and remoulade ^{J,L}
Snack	We like it best with our own toppings Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G and pickled gherkins, served with mixed raw vegetables	Homemade vanilla-rusk-pudding ^{A1,G} , served with a fresh fruit plate	Fresh bread ^{A2-A5,G,K} with butter ^G and freshly chopped chives, served with a mixed raw vegetable plate	Lukewarm tomato-focaccia ^{A5} with cream cheese ^G , served with a mixed raw vegetable plate	Bake and enjoy Homemade apple pie ^{A5,C,G} , served with fresh fruit 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.



3

cw: 16, 22, 28, 34



	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 butter ^G and vegetable cream ^G , served with a 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 fresh fruit of the season	Berry smoothie bowl ^{A4,G} with various toppings such as amaranth or coconut flakes ^{H5} , served with fresh fruit of the season	Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G , served with mixed raw vegetables
Lunch	Pasta Day Ricotta-spinac-tortellini ^{A1,C,G} with fruity tomato sauce and parmesan ^{C,G} , served with a raw vegetable salad ^{J,L}	Delicious soups Creamy potato-leek-soup with vegetables, served with poultry wiener (at choice) and homemade spelt bread ^{A5}	Chicken breast gyros, served with rice and cucumber dip ^G Vegetarian alternative: Vegetable gyros with rice and cucumber dip ^G	Healthy and wholesome Vegetable ragout with carrots and cauliflower, served with couscous ^{A1} and cream sauce ^{A4,G} , served with leaf salad ^{J,L}	Fish-coconut-curry ^{A4,D,G,J} with colourful vegetables and eibly ^{A1} Vegetarian alternative: Colourful vegetable-coconut-curry ^{A4,G,I,J} , served with eibly ^{A1}
Snack	We like it best with our own toppings Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G and pickled gherkins ^L , served with mixed raw vegetables	Red fruit jelly with homemade vanilla sauce ^G , served with a fresh fruit plate	Fresh bread ^{A2-A5,G,K} with butter ^G and cheese cubes ^G , served with a mixed raw vegetable plate and a coconut fruit shake ^{H5}	Lukewarm focaccia ^{A5} with cream cheese ^G , served with a mixed raw vegetable plate	Bake and enjoy Freshly baked chocolate cake ^{A1,A5,C,G} , served with fresh fruit 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.



4

cw: 17, 23, 29, 35



	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 butter ^G and poultry sausage, served with a 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 fresh fruit of the season	Mango smoothie bowl ^{A4,G} with various toppings such as amaranth or coconut flakes ^{H5} , served with fresh fruit of the season	Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G , served with mixed raw vegetables
Lunch	Pasta Day Pasta "half & half" ^{A1} with creamy cheese sauce ^{A4,G} , served with a raw vegetable salad ^{J,L}	Delicious soups Creamy courgette soup ^{A4} with diced carrots, served with homemade spelt bread ^{A5} and eibly ^{A1} as a garnish	Chicken-coconut-curry ^{A4,I,J,H5} with baked potatoes Vegetarian alternative: Baked potatoes with sour cream dip ^G , leaf salad ^{G,J,L}	Healthy & wholesome Couscous ^{A1} with oven-braised vegetables, served with a herb sour cream ^G and a cucumber and dill salad	Grilled hoki fillet ^D , rice, seasonal vegetables, herb sauce ^{A4,G} Vegetarian alternative: Falafel ^{A1,A5,K} with vegetables and herb sauce ^G
Snack	We like it best with our own toppings Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G and pickled gherkins ^L , served with mixed raw vegetables	Lukewarm rice pudding ^G with mango sauce, served with a fresh fruit plate	Fresh bread ^{A2-A5,G,K} with butter ^G and diced cheese cheese cubes ^G , served with mixed raw vegetables	Lukewarm rosemary-focaccia ^{A5} with butter ^G , served with a mixed raw vegetable plate	Bake and enjoy Freshly baked apple muffins ^{A5,C,G} , served with fresh fruit 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.



5

cw: 18, 24, 30, 36



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 a 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 fresh fruit of the season

Berry smoothie bowl^{A4,G} with various toppings such as amaranth or coconut flakes^{H5}, served with fresh fruit of the season

Fresh bread^{A2-A5,G,K} with margarine, sliced cheese^G, served with mixed raw vegetables

Lunch

Pasta day
Pasta "half & half"^{A1} with mediterranean sauce^{A4,G}, served with cucumber and corn salad^L

Delicious soups
Sweet potato soup with peas and poultry wieners (at choice), served with homemade spelt bread^{A5}

Sliced beef with mushrooms, „spatzle“^{A1,A5,C} and leaf salad^{G,J,L}
Vegetarian alternative:
Creamy vegetables^{A4,G}, „spatzle“^{A1,A5,C}

Healthy and wholesome
Mashed potatoes^G with kohlrabi and light-sauce^{A4,G}, served with a raw vegetable salad^{J,L}

Fish lasagna^{C,D} with spinach béchamel^{A1,A4,G}, carrot and apple salad
Vegetarian alternative:
Spinach and tomato lasagna^{A1,A4,C,G}, salad^{G,J,L}

Snack

We like it best with our own toppings
Freshly baked bread^{A2-A5,G,K} with margarine, sliced cheese^G, pickled gherkins^L and mixed raw vegetables

Homemade chocolate pudding^G, served with a fresh fruit plate

Fresh bread^{A2-A5,G,K} with butter^G and fresh chives, served with a mixed raw vegetable plate

Lukewarm tomato-focaccia^{A5} with cream cheese^G, served with a mixed raw vegetable plate

Bake and enjoy
Homemade lemon cake^{A5,C,G} with fruity icing, served with fresh fruit 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.

6

cw: 19, 25, 31, 37



	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 butter ^G and poultry sausage, served with a 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 fresh fruit of the season	Mango smoothie bowl ^{A4,G} with various toppings such as amaranth or coconut flakes ^{H5} , served with fresh fruit of the season	Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G , served with a mixed raw vegetable plate
Lunch	Pasta Day Noodles ^{A1,C} with tomato cream sauce ^{A4} , served with a raw vegetable salad ^{I,L}	Delicious soups Creamy broccoli soup ^{A4} with diced potatoes as a garnish, served with homemade spelt bread ^{A5}	Baked chicken pieces ^{A1,A5} , served with potato wedges and tomato dip Vegetarian alternative: Kale cutlet ^{A1,A5} , potatoes, tomato dip	Healthy and wholesome Colourful pepper-courgetti-vegetables with couscous ^{A1} and sour cream crème fraîche ^G , served with a cucumber salad	Grilled pollack fillet ^D with light pineapple-curry-sauce ^{H5,I,J} , rice Vegetarian alternative: Stuffed courgettes with rice and pineapple-curry-sauce ^{H5,I,J}
Snack	We like it best with our own toppings Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G and pickled gherkins ^L , served with a mixed raw vegetable plate	Homemade vanilla pudding ^G with strawberry sauce, served with a fresh fruit plate	Fresh bread ^{A2-A5,G,K} with butter and cheese cubes, served with a mixed raw vegetable plate and a coconut fruit shake ^{H5}	Lukewarm focaccia ^{A5} with cream cheese ^G , served with a mixed raw vegetable plate	Bake and enjoy Freshly baked carrot-courgetti-cake ^{A5,C,G} , served with fresh fruit 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.

