

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 "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

Plan	Calendar week			
1	cw 40	cw 46	cw 52	cw 6
2	cw 41	cw 47	cw 1	cw 7
3	cw 42	cw 48	cw 2	cw 8
4	cw 43	cw 49	cw 3	cw 9
5	cw 44	cw 50	cw 4	cw 10
6	cw 45	cw 51	cw 5	cw 11



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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 butter ^G and hummus, along with mixed raw vegetables	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 mixed raw vegetables
Lunch	Pasta day Pasta "half & half" ^{A1} with margarine and sliced cheese ^G , served with a raw vegetable platter	Delicious soups Creamy apple and celery soup ^{A4,I} , with bulgur as a garnish	"Wild children's kitchen" Codetermination day for the meal plan	Healthy & wholesome Bread dumplings ^{C,G,A1} in a fine mushroom cream sauce ^{A4,G} , served with raw vegetable salad ^{J,L,G}	Catfish sausage ^{D,C} with mashed potatoes ^G Pea vegetables and fine sauce ^I Vegetarian alternative: Vegetable sticks with puree ^G 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 fresh vegetable sticks	Lukewarm chocolate pudding ^G and/or pretzel stick with butter ^G and/or cream cheese ^G , served with a fresh fruit/vegetable plate	Fresh bread ^{A2-A5,G,K} with butter ^G and herb quark ^G , served peppers, cucumber and tomato as a raw vegetable plate	Lukewarm rosemary-focaccia ^{A5} with cream cheese ^G and margarine, served with pickled gherkins ^L and mixed raw vegetables	Bake and enjoy Homemade pear tart ^{A5,C,G} and/or bread ^{A2-A5,G,K} with butter, served with fresh fruit of the season

Daily basic breakfast: various types of bread and vegetable spreads, cheese 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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	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 hummus, along with mixed raw vegetables	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 light sauce ^{G,A4} , served with sweet bell pepper and corn salad ^{J,L}	Delicious soups Colorful vegetable soup ^{A4,I} with a choice of bulgur as a garnish and homemade white spelt bread ^{A5}	Chicken nuggets ^{A1,A5} in crispy breading with potato wedges and tomato dip Vegetarian alternative: Vegetable nuggets ^{A1,A5} in crispy breading with potato wedges and dip	Wholesome Vegetable ragout ^I consisting of carrot, zucchini, bell pepper served with couscous ^{A1} , yoghurt and herb dip ^G and raw vegetable salad	Fish fillet ^D of saithe fried with mild mustard sauce ^{G,A4} served with rice Vegetarian alternative: Potato rösti au gratin with tomato and mozzarella ^G , served with herb sour cream ^G
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 with berry purée and/or homemade sesame pancakes ^{A5,G,K} with herb butter ^G , served with fruit and vegetable crudités	Fresh bread ^{A2-A5,G,K} with butter ^G and herb quark ^G for dipping, served with mixed raw vegetable platter consisting of cucumber, peppers, kohlrabi	Lukewarm Tomato focaccia ^{A5} with cream cheese ^G and pultry sausage, served with mixed raw vegetable plate	Bake and enjoy Freshly baked marble cake ^{A1,A5,C,G} and/or bread ^{A2-A5,G,K} , served with butter, vegetable crudités and fruit

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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 butter ^G and vegetable cream ^G , served with mixed raw vegetable plate	We like it best when we mix it ourselves Colorful 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 Gnocchi ^{A1} with fruity tomato and basil sauce, served with pointed cabbage salad ^L with sunflower seeds	Delicious soups Creamy potato and leek soup with vegetables ^L , – of your choice – with poultry wiener, served with homemade spelt bread ^{A5}	Beef meatloaf ^{F,A5,C,J} with rice and peas, served with gravy ^I Vegetarian alternative: Lentil patties with peas and rice, served with gravy	Healthy and wholesome Falafel ^{H5,K} served with an oriental yogurt dip ^G and leaf salad	Fish and coconut curry ^{A4,D,G,J} with colourful vegetables and eibly ^{A1} served with salad ^{J,L} Vegetarian alternative: Colourful vegetable coconut curry ^{A4,G,I,J} and eibly ^{A1} served with salad ^{J,L}
Snack	We like it best with our own toppings Fresh bread ^{A2-A5,G,K} with margarine, sliced cheese ^G and pickles gherkins ^L , served with mixed raw vegetables	Lukewarm rice pudding ^G – of your choice – with cinnamon and raisins ^L and/or bread ^{A2-A5,G,K} with butter ^G served with vegetable sticks and fruit	Fresh cheese pretzels ^{A1,G} or natural served with vegetable sticks made from cucumber, carrot, kohlrabi and herb quark ^G for dipping	Lukewarm flatbread ^{A5,G,K} with margarine and cream cheese ^G , served with mixed raw vegetable plate	Bake and enjoy Freshly baked chocolate cake ^{A1,A5,C,G} , and/or bread ^{A2-A5,G,K} , butter ^G served with seasonal fruit and raw vegetables

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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 butter^G and poultry sausage, served with mixed raw vegetable plate

We like it best when we mix it ourselves
Colorful 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 cauliflower sauce^G, served with grated parmesan^{G,C} raw vegetable salad^{J,L}

Delicious soups
Fruity pumpkin and apple soup, served with homemade spelt bread^{A5} and a choice of eby^{A1} as a garnish

Mild curry turkey goulash^{A4} with rice, peas and carrots
Vegetarian alternative: meatballs^{A1,C,G} with sour cream^G, served with rice, peas and carrots

Healthy & wholesome
Baked potato wedges with sour cream^G, served with a colorful autumn leaf salad^{G,J,L}

Fried salmon fillet^D with polenta dumplings^{A1,G} and spinach leaves
Vegetarian alternative: Vegetable cutlets with polenta dumplings^{A1,G} and spinach leaves

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 vanilla pudding^G with pear and cinnamon compote and/or bread^{A2-A5,G,K} with homemade herb butter^G, served with a vegetables and raw fruit

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 colorful vegetables, served with herb sour cream^G for dipping

Bake and enjoy
Freshly baked lemon cake^{A5,C,G} and/or bread^{A2-A5,G,K} with butter^G, served with a vegetables and raw fruit

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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 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 Small ravioli ^{A1} with vegetable filling and creamy pea sauce ^{A4,G} , served with raw vegetable salad	Delicious soups Parsley root soup ^{A4} with eibly ^{A1} – optional with chicken wieners, served with homemade spelt bread ^{A5}	Pineapple and chicken coconut curry ^{G,H5,I} with basmati rice and leaf salad ^{G,J,L} Vegetarian alternative: Fruity vegetable curry ^{G,H5,I} , served with basmati rice and leaf salad	Healthy and wholesome Vegetable ratatouille with couscous ^{A1} and tomato sauce, served with da raw vegetable salad	Baked fish nuggets ^{D,A1,A5} with chunks of potato, served with remoulade ^{J,L} Vegetarian alternative: Baked kohlrabi ^{A1,A5} with chunks of potato and remoulade ^{J,L}
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	Homemade red fruit jelly with vanilla sauce ^G and spelt rusk ^{A5,C,G} to crisp up, served with a fresh fruit plate	Fresh bread ^{A2-A5,G,K} with butter ^G and hummus, served with mixed raw vegetable plate	Lukewarm tomato focaccia ^{A5} with cream cheese ^G , served with mixed raw vegetable plate	Bake and enjoy A delicious semolina slice ^{A5,C,G} , served with apple compote and/or bread ^{A2-A5,G,K} with butter ^G , vegetable sticks and fresh fruit

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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 butter^G and poultry sausage, 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 fresh fruit of the season

Mango smoothie bowl^{A4,G} with various toppings such as amaranth, 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 vegetables

Lunch

Pasta Day
Pasta^{A1} half & half with pumpkin and orange sauce with grated parmesan^{G,C}, served with a raw vegetable salad^{J,L}

Delicious soups
Creamy broccoli soup^{A4} with diced potatoes as a garnish, served with homemade spelt bread^{A5}

“Wild children’s kitchen”
Codetermination day for the meal plan

Healthy and wholesome
Colourful pumpkin, parsnip and carrot vegetables with bulgur^{A1} and béchamel sauce^{G,A4}, served with cucumber salad

Fried pollack fillet^D vegetable^I, couscous^{A1} and herb yoghurt^G
Vegetarian alternative:
Vegetable thaler^{A1,I}, couscous^{A1} and herb yoghurt^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 a mixed raw vegetables

Lukewarm plum crumble^{A4,A5,G} with vanilla sauce^G and/or bread^{A2-A5,G,K} with butter^G and cream cheese^G, served with fruit and vegetable plate

Fresh bread^{A2-A5,G,K} with butter and cheese cubes, served with a mixed raw vegetable plate and an optional coconut fruit shake^{H5}

Lukewarm Focaccia^{A5} with vegetable sticks, served with hummus^K for dipping and fresh fruit of the season

Bake and enjoy
Freshly baked carrot and pumpkin cake^{A5,C,G} and/or sesame flatbread^{A5,C,G} with butter^G, served with fresh fruit of the season

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Replacement for desired day

= always in the first week of the month

Menu 1: Poultry liver cheese^G with potato, cucumber salad and tomato dip

Vegetarian Menu: Sweet potato ragout with sweetcorn and peppers, served with tomato dip

Menu 6: Beef goulash with spinach spaetzle^{A1,A5,C} and cauliflower

Vegetarisch: Tofu goulash^F with spinach spaetzle^{A1,A5,C} and cauliflower

