























































































































































































































































Woche 4

Menüplan vom 20. Januar bis 24. Januar 2025

Marktkorb	Früchte ungerüstet (Preis je Kg)	Salat & Nüsse ungerüstet (Preis je Kg)	Gemüse ungerüstet (Preis je Kg)	Gerüstete Produkte & Nüsse (Preis je Stk)
Mo 20.01.	<ul style="list-style-type: none"> ___ Äpfel (1 kg)    ___ Clementinen (1 kg)    ___ Kiwi (1 kg)    ___ Zitrone (1 Stk)    	<ul style="list-style-type: none"> ___ Friseesalat (1 Stk)   ___ Mandeln (500 g)   ___ Zuckerhut (1 Stk)    ___ Crisby Salat grün (1 Stk)    ___ Baumnüsse (500 g)    	<ul style="list-style-type: none"> ___ Karotten (1 kg)    ___ Kartoffeln (selber kochen) (500 g)   ___ Peperoni (1 kg)   ___ Tomaten (1 kg)   ___ Gurke (1 Stk)   	<ul style="list-style-type: none"> ___ Studentenfutter (200 g)   ___ Kernenmix geröstet (200 g)  
Di 21.01.	<ul style="list-style-type: none"> ___ Äpfel (1 kg)    ___ Bananen (Fairtrade) (Bund)   ___ Kiwi (1 kg)    ___ Kaki (1 Stk)    ___ Clementinen (1 kg)    	<ul style="list-style-type: none"> ___ Kopfsalat (1 Stk)   ___ Zuckerhut (1 Stk)    ___ Chicoree (500 g)    ___ Crisby Salat grün (1 Stk)    ___ Friseesalat (1 Stk)   	<ul style="list-style-type: none"> ___ Gurke (1 Stk)   ___ Karotten (1 kg)    ___ Peperoni (1 kg)   ___ Tomaten (1 kg)   ___ Fenchel (1 kg)   	<ul style="list-style-type: none"> ___ Mischsalat Filante (500 g)    ___ Eisbergsalat fixfertig (500 g)   ___ Rübli geraffelt (200 g)    ___ Mischsalat Lieblich (500 g)    ___ Kabis weiss geraffelt (200 g)   
Mi 22.01.	<ul style="list-style-type: none"> ___ Bio Kiwi (1 kg)    ___ Kaki (1 Stk)    ___ Bio Äpfel (1 kg)    ___ Datteln (1 kg)    ___ Clementinen (1 kg)    	<ul style="list-style-type: none"> ___ Bio Zuckerhut (1 Stk)    ___ Friseesalat (1 Stk)   ___ Bio Saisonsalat (1 Stk)    ___ Chicoree (500 g)    ___ Crisby Salat grün (1 Stk)    	<ul style="list-style-type: none"> ___ Bio Gurke (1 Stk)   ___ Bio Karotten (1 kg)    ___ Peperoni (1 kg)   ___ Tomaten (1 kg)   ___ Fenchel (1 kg)   	<ul style="list-style-type: none"> ___ Gemüsesticks (1 kg)   ___ Eisbergsalat fixfertig (500 g)   ___ Chinakohl fixfertig (500 g)    ___ Nüsslisalat fixfertig (500 g)    ___ Kabis weiss geraffelt (500 g)   
Do 23.01.	<ul style="list-style-type: none"> ___ Äpfel (1 kg)    ___ Kiwi (1 kg)    ___ Datteln (1 kg)    ___ Kaki (1 Stk)    ___ Clementinen (1 kg)    	<ul style="list-style-type: none"> ___ Zuckerhut (1 Stk)    ___ Chicoree (500 g)    ___ Friseesalat (1 Stk)   ___ Crisby Salat grün (1 Stk)    ___ Kopfsalat (1 Stk)   	<ul style="list-style-type: none"> ___ Karotten (1 kg)    ___ Gurke (1 Stk)   ___ Peperoni (1 kg)   ___ Tomaten (1 kg)   ___ Fenchel (1 kg)   	<ul style="list-style-type: none"> ___ Eisbergsalat fixfertig (500 g)   ___ Rübli geraffelt (500 g)    ___ Chinakohl fixfertig (500 g)    ___ Nüsslisalat fixfertig (500 g)    ___ Kabis weiss geraffelt (500 g)   
Fr 24.01.	<ul style="list-style-type: none"> ___ Bio Kiwi (1 kg)    ___ Datteln (1 kg)    ___ Kaki (1 Stk)    ___ Bio Äpfel (1 kg)    ___ Clementinen (1 kg)    	<ul style="list-style-type: none"> ___ Chicoree (500 g)    ___ Friseesalat (1 Stk)   ___ Crisby Salat grün (1 Stk)    ___ Bio Saisonsalat (1 Stk)    ___ Bio Zuckerhut (1 Stk)    	<ul style="list-style-type: none"> ___ Bio Karotten (1 kg)    ___ Bio Gurke (1 Stk)   ___ Fenchel (1 kg)   ___ Tomaten (1 kg)   ___ Peperoni (1 kg)   	<ul style="list-style-type: none"> ___ Gemüsesticks (1 kg)   ___ Kabis weiss geraffelt (500 g)    ___ Eisbergsalat fixfertig (500 g)   ___ Chinakohl fixfertig (500 g)    ___ Nüsslisalat fixfertig (500 g)   

menuandmore verwendet ausschliesslich Schweizer Fleisch und Geflügel.

Legende:  ohne Gluten  ohne Laktose  saisonal

Für Informationen zu Allergenen geben ihnen die Mitarbeitenden Auskunft.



Die mit Bio Knospe gekennzeichneten Produkte sind bio-zertifiziert und Knospe-lizenziert.

Aus einer MSC-zertifizierten verantwortungsvollen Zucht.