




































































































































































































































































Woche 14

Menüplan vom 31. März bis 04. April 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 31.03.	_____ Ananas (1 Stk)    _____ Zitrone (1 Stk)    _____ Birnen (1 kg)    _____ Äpfel (1 kg)   	_____ Baumnüsse (500 g)   _____ Chicoree (500 g)    _____ Lattichsalat (1 Stk)    _____ Mandeln (500 g)   _____ Eisbergsalat (1 Stk)  	_____ Fenchel (1 kg)   _____ Kartoffeln (selber kochen) (500 g)   _____ Gurke (1 Stk)    _____ Karotten (1 kg)    _____ Tomaten (1 kg)  	_____ Studentenfutter (200 g)   _____ Kernenmix gerüstet (200 g)  
Di 01.04.	_____ Bananen (Fairtrade) (Bund)   _____ Ananas (1 Stk)    _____ Datteln (1 kg)    _____ Birnen (1 kg)    _____ Äpfel (1 kg)   	_____ Eisbergsalat (1 Stk)   _____ Lattichsalat (1 Stk)    _____ Chicoree (500 g)    _____ Lollo grün (1 Stk)    _____ Kopfsalat (1 Stk)   	_____ Radiesli (500 g)    _____ Gurke (1 Stk)    _____ Karotten (1 kg)    _____ Tomaten (1 kg)   _____ Fenchel (1 kg)  	_____ Rüeblli geraffelt (200 g)    _____ Eisbergsalat fixfertig (500 g)   _____ Kabis rot geraffelt (200 g)    _____ Mischsalat Lieblich (500 g)    _____ Mischsalat Filante (500 g)   
Mi 02.04.	_____ Bananen (Fairtrade) (Bund)   _____ Äpfel (1 kg)    _____ Datteln (1 kg)    _____ Bio-Birnen (1 kg)     _____ Ananas (1 Stk)   	_____ Bio-Saisonsalat (1 Stk)    _____ Bio-Eisbergsalat (1 Stk)   _____ Lattichsalat (1 Stk)    _____ Chicoree (500 g)    _____ Lollo grün (1 Stk)   	_____ Radiesli (500 g)    _____ Bio-Karotten (1 kg)    _____ Bio-Gurke (1 Stk)    _____ Tomaten (1 kg)   _____ Bio-Fenchel (1 kg)  	_____ Rüeblli geraffelt (200 g)    _____ Kabis rot geraffelt (500 g)    _____ Eisbergsalat fixfertig (500 g)   _____ Gemüsesticks (1 kg)   _____ Kopfsalat fixfertig (500 g)   
Do 03.04.	_____ Ananas (1 Stk)    _____ Datteln (1 kg)    _____ Birnen (1 kg)    _____ Äpfel (1 kg)    _____ Bananen (Fairtrade) (Bund)  	_____ Eisbergsalat (1 Stk)   _____ Lattichsalat (1 Stk)    _____ Chicoree (500 g)    _____ Lollo grün (1 Stk)    _____ Kopfsalat (1 Stk)   	_____ Fenchel (1 kg)   _____ Gurke (1 Stk)    _____ Karotten (1 kg)    _____ Tomaten (1 kg)   _____ Radiesli (500 g)   	_____ Friseesalat fixfertig (500 g)   _____ Eisbergsalat fixfertig (500 g)   _____ Rüeblli geraffelt (200 g)    _____ Kabis rot geraffelt (500 g)    _____ Kopfsalat fixfertig (500 g)   
Fr 04.04.	_____ Äpfel (1 kg)    _____ Datteln (1 kg)    _____ Ananas (1 Stk)    _____ Bio-Birnen (1 kg)     _____ Bananen (Fairtrade) (Bund)  	_____ Lattichsalat (1 Stk)    _____ Chicoree (500 g)    _____ Bio-Eisbergsalat (1 Stk)   _____ Bio-Saisonsalat (1 Stk)    _____ Kopfsalat (1 Stk)   	_____ Bio-Gurke (1 Stk)    _____ Bio-Karotten (1 kg)    _____ Tomaten (1 kg)   _____ Bio-Fenchel (1 kg)   _____ Radiesli (500 g)   	_____ Gemüsesticks (1 kg)   _____ Eisbergsalat fixfertig (500 g)   _____ Rüeblli geraffelt (200 g)    _____ Kabis rot geraffelt (500 g)    _____ Kopfsalat 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.



Aus einer ASC-zertifizierten verantwortungsvollen Zucht.
www.asc-aqua.org/de



Aus einer MSC-zertifizierten nachhaltigen Fischerei.
www.msc.org/de