

## Woche 25

Menüplan vom 15.06 bis 19.06 2026

Marktkorb	Früchte ungerüstet (Preis/kg)	Salat & Nüsse ungerüstet (Preis/kg)	Gemüse ungerüstet (Preis/kg)	Gerüstete Produkte
Mo. 15.06	<ul style="list-style-type: none"> <li>— Kirschen (1 kg)</li> <li>— Zitrone (1 Stk)</li> <li>— Bananen (Fairtrade) (Bund á 5 Stk)</li> <li>— Äpfel (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Friseesalat (1 Stk)</li> <li>— Mandeln geschält (500 g)</li> <li>— Eisbergsalat (1 Stk)</li> <li>— Chicoree (500 g)</li> <li>— Baumnüsse (500 g)</li> </ul>	<ul style="list-style-type: none"> <li>— Kartoffeln (selber kochen) (500 g)</li> <li>— Tomaten (1 kg)</li> <li>— Fenchel (1 kg)</li> <li>— Gurke (1 Stk)</li> <li>— Karotten (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Studentenfutter (200 g)</li> <li>— Kernemix geröstet (200 g)</li> </ul>
Di. 16.06	<ul style="list-style-type: none"> <li>— Erdbeeren (500 g)</li> <li>— Melonen (1 Stk)</li> <li>— Kirschen (1 kg)</li> <li>— Bananen (Fairtrade) (Bund á 5 Stk)</li> <li>— Äpfel (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Lattichsalat (1 Stk)</li> <li>— Eisbergsalat (1 Stk)</li> <li>— Kopfsalat (1 Stk)</li> <li>— Chicoree (500 g)</li> <li>— Friseesalat (1 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Gurke (1 Stk)</li> <li>— Zucchini (1 kg)</li> <li>— Tomaten (1 kg)</li> <li>— Stangensellerie (1 Stk)</li> <li>— Karotten (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Rübli geraffelt (200 g)</li> <li>— Eisbergsalat fixfertig (500 g) (DI)</li> <li>— Mischsalat Lieblich (500 g)</li> <li>— Kabis rot geraffelt (200 g)</li> <li>— Mischsalat Filante (500 g)</li> </ul>
Mi. 17.06	<ul style="list-style-type: none"> <li>— Bio-Äpfel (1 kg)</li> <li>— Erdbeeren (500 g)</li> <li>— Kirschen (1 kg)</li> <li>— Bio-Melone (1 Stk)</li> <li>— Bananen (Fairtrade) (Bund á 5 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Bio-Eisbergsalat (1 Stk)</li> <li>— Friseesalat (1 Stk)</li> <li>— Bio-Saisonsalat (1 Stk)</li> <li>— Kopfsalat (1 Stk)</li> <li>— Chicoree (500 g)</li> </ul>	<ul style="list-style-type: none"> <li>— Bio-Gurke (1 Stk)</li> <li>— Bio-Karotten (1 kg)</li> <li>— Tomaten (1 kg)</li> <li>— Kartoffeln (selber kochen) (500 g)</li> <li>— Bio-Zucchini (1 kg)</li> <li>— Stangensellerie (1 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Gemüsesticks (1 kg)</li> <li>— Eisbergsalat fixfertig (500 g) (DI)</li> <li>— Randen geschält roh geraffelt (500 g)</li> <li>— Lattich fixfertig (500 g)</li> <li>— Kopfsalat fixfertig (500 g) (DI)</li> </ul>
Do. 18.06	<ul style="list-style-type: none"> <li>— Erdbeeren (500 g)</li> <li>— Kirschen (1 kg)</li> <li>— Melonen (1 Stk)</li> <li>— Bananen (Fairtrade) (Bund á 5 Stk)</li> <li>— Äpfel (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Eisbergsalat (1 Stk)</li> <li>— Kopfsalat (1 Stk)</li> <li>— Friseesalat (1 Stk)</li> <li>— Chicoree (500 g)</li> <li>— Lattichsalat (1 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Gurke (1 Stk)</li> <li>— Zucchini (1 kg)</li> <li>— Tomaten (1 kg)</li> <li>— Stangensellerie (1 Stk)</li> <li>— Karotten (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Eisbergsalat fixfertig (500 g) (DI)</li> <li>— Rübli geraffelt (500 g)</li> <li>— Randen geschält roh geraffelt (500 g)</li> <li>— Lattich fixfertig (500 g)</li> <li>— Kopfsalat fixfertig (500 g) (DI)</li> </ul>
Fr. 19.06	<ul style="list-style-type: none"> <li>— Erdbeeren (500 g)</li> <li>— Bio-Äpfel (1 kg)</li> <li>— Kirschen (1 kg)</li> <li>— Bio-Melone (1 Stk)</li> <li>— Bananen (Fairtrade) (Bund á 5 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Kopfsalat (1 Stk)</li> <li>— Friseesalat (1 Stk)</li> <li>— Chicoree (500 g)</li> <li>— Bio-Saisonsalat (1 Stk)</li> <li>— Bio-Eisbergsalat (1 Stk)</li> </ul>	<ul style="list-style-type: none"> <li>— Bio-Karotten (1 kg)</li> <li>— Bio-Gurke (1 Stk)</li> <li>— Stangensellerie (1 Stk)</li> <li>— Tomaten (1 kg)</li> <li>— Bio-Zucchini (1 kg)</li> </ul>	<ul style="list-style-type: none"> <li>— Gemüsesticks (1 kg)</li> <li>— Randen geschält roh geraffelt (500 g)</li> <li>— Eisbergsalat fixfertig (500 g) (DI)</li> <li>— Lattich fixfertig (500 g)</li> <li>— Kopfsalat fixfertig (500 g) (DI)</li> </ul>

menuandmore verwendet ausschliesslich Schweizer Fleisch und Geflügel.

Legende: ohne Gluten ohne Laktose saisonal  
Für Informationen zu Allergenen geben ihnen die Mitarbeitenden Auskunft.

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