

# Mensa Institutsviertel (2 min. walk from FRIAS)

	Monday 22.07.	Tuesday 23.07.	Wednesday 24.07.	Thursday 25.07.	Friday 26.07.
Essen 1	Aubergine-Tomato Masala Papadam Yoghurt Dip Spiced Rice Side Salad or Regional Apple <small>ML,Sn</small>	Spaghetti Vegetarian Bolognese Sauce Side Salad or Regional Apple <small>GL,GlW,Se,Sn</small>	Oriental Falafel Avocado Dip Vegetable fried Rice Side Salad or Regional Apple <small>alc,5 So,Sn,Sf,Se,GlW,Gl</small>	Pan-Cooked Sweet Potatoes with Dates Lemon Cream Organic Tofu with Ginger Lentil-Beetroot-Salad <small>o,bio So,Sn,Sf,Se,ML</small>	Arabian Salad Beet Root Hummus Baguette Side Salad or Regional Apple <small>o,bio Sf,Sn,GlW,Gl,Sa</small>
Essen 2	Roast Turkey Cranberry Sauce Potato and Pumpkin Puree Broccoli <small>ML,GlW,Gl</small>	Merguez Mixed Peppers Dip Mediterranean Potato Stirfry Side Salad or Regional Apple <small>ri,8,6,4,5 So,Sn,Sf,ML</small>	Vegetarian Swabian Pasta with Double-baked Tomato and Mozzarella Softened Onions Roast Potatoes, Side Salad or Regional Apple <small>Sn,Se,ML,GlW,Ei,Gl</small>	Poultry Satay Skewer Peanut Sauce Basmati Rice Side Salad or Regional Apple <small>18 Er,So,Sn,ML,GlW,Gl,Fi</small>	Fish fillet Remoulade Herby Potatoes Side Salad or Regional Apple <small>nF,9 So,Sn,Sf,ML,GlW,Gl,Fi</small>
Essen 3	At Kaffeebar: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple <small>ML,Sn,So,Gl,GlW</small>	At Kaffeebar: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple <small>ML,Sn,So,Gl,GlW</small>	At Kaffeebar: Pasta creations from our own pasta factory with various sauces and toppings Side Salad or Regional Apple <small>Sn,So,ML,GlW,Gl</small>	At Buffet: Create your own pizza <small>8,4,5,6,3,sch,ri Sn,Se,ML,GlW,Gl</small>	Dessert <small>ML</small>

## Note for Summer School participants from outside Freiburg who want to have lunch at the Mensa:

You need a voucher which you can acquire at the reception desk of the Summer School for 7 Euro.

Meeting point: 13:05 in front of the FRIAS.

We will go to the Mensa in groups of 5, each group accompanied by a member of the Summer School staff.

 vegetarian
  vegan
  vegan by request

Additives labelling: alc: with alcohol, bio: bio - organic, nF: from sustainable fisheries, o: main ingredient of bio-signed component is organic, ri: with beef, sch: with pork, 3: with flavor enhancers, 4: with colouring agent, 5: with antioxidants, 6: with preservatives, 7: sulfured, 8: with phosphates, 9: with sweeteners, 18: containing a source of phenylalanine

contains allergens:: Ei: eggs, Er: peanut, Fi: fish, Gl: glutenous grain, GLD: spelt, GLG: barley, GLR: rye, GlW: wheat, Kr: crustacean, Lu: lupine, ML: dairy (-product), Sa: sesame, Se: celery, Sf: sulfur dioxide/ sulfite, Sn: mustard, So: soy, We: mollusks