



studierendenwerk
darmstadt

menu Lichtwiese

Date	Locality	Type	Description	Price
Monday, 17.08.2026	Mensa		Yellow lentils with coconut curry	2,50
Monday, 17.08.2026	Mensa (A,A1,H,H3)		Homemade pasta with basil-mint-orange pesto (H,H3)	2,90
Monday, 17.08.2026	Mensa (A,A1,G)		mensaVital Schupfnudeln (dumplings)-pumpkin-Mushroom-pan with shepherd cheese-quark-dip	4,20
Monday, 17.08.2026	Mensa (A,L,3,5)		Churipan Baguette, Chorizo,Chimichurri	5,40
Monday, 17.08.2026	Mensa (A1,G,L,2,3,5)		Homemade Pasta with cream sauce 'Alsatian style'	2,60
Monday, 17.08.2026	Mensa		french fries	1,20
Monday, 17.08.2026	Mensa (A,A1)		Homemade pasta (A,A1)	1,20
Monday, 17.08.2026	Mensa		boiled potatoes	1,20
Monday, 17.08.2026	Mensa		rice	1,20
Monday, 17.08.2026	Mensa		baby carrots	1,10
Monday, 17.08.2026	Mensa		peas	1,10
Monday, 17.08.2026	Mensa		Please note our daily selection of salad	1,00
Monday, 17.08.2026	Mensa		Short-term offer: more information available directly in the "mensa"	1,00

Date	Locality	Type	Description	Price
Monday, 17.08.2026	Mensa		Chia puddingwith blueberries	1,30
Monday, 17.08.2026	Mensa (G)		Sour cherry quark	0,90
Monday, 17.08.2026	Mensa (A,A1,C)		cheese cake cream with blueberry sauce	1,30
Monday, 17.08.2026	Mensa (F)		WOK Asia coconut pan with tofu served with basmati rice	3,50
Monday, 17.08.2026	Mensa		WOK Asia coconut pan with chicken breast served with basmati rice	3,50
Tuesday, 18.08.2026	Mensa (A1,A3,F,K)		Falafel hummus	3,10
Tuesday, 18.08.2026	Mensa (H,H1)		mensaVital Chickpea-coconut-korma with almond rice (H,H1)	2,40
Tuesday, 18.08.2026	Mensa (A,A1,H,H3)		Homemade pasta with basil-mint-orange pesto (H,H3)	2,90
Tuesday, 18.08.2026	Mensa (A1,A4,C,I,L,1,5,9)		Schnitzel breaded (A1,C,I) with puszta sauce and a lemon wedge	4,90
Tuesday, 18.08.2026	Mensa (A1,G,L,2,3,5)		Homemade Pasta with cream sauce 'Alsatian style'	2,60
Tuesday, 18.08.2026	Mensa (F)		WOK Asia coconut pan with tofu served with basmati rice	2,90
Tuesday, 18.08.2026	Mensa		WOK Asia coconut pan with chicken breast served with basmati rice	3,50
Tuesday, 18.08.2026	Mensa (A1,C)		Schnitzel breaded (A1,C,I) with a lemon	4,40
Wednesday, 19.08.2026	Mensa		“Vegan spelt-grain risottowith mixed bell peppers and toasted pine nuts.	3,50
Wednesday, 19.08.2026	Mensa (A,A1,H,H3)		Homemade pasta with basil-mint-orange pesto (H,H3)	2,90
Wednesday, 19.08.2026	Mensa (A1,C)		Champignon zucchini ragout on whole grain spaetzle	2,60

Date	Locality	Type	Description	Price
Wednesday, 19.08.2026	Mensa (G,L,5)		Pork slice 'Zurich style' Fried grated potatoes	3,80
Wednesday, 19.08.2026	Mensa (A1,G,L,2,3,5)		Homemade Pasta with cream sauce 'Alsatian style'	2,60
Wednesday, 19.08.2026	Mensa (F)		WOK Asia coconut pan with tofu served with basmati rice	2,90
Wednesday, 19.08.2026	Mensa		WOK Asia coconut pan with chicken breast served with basmati rice	3,50
Thursday, 20.08.2026	Mensa (A1)		Couscous with vegetablesand chickpeas	2,30
Thursday, 20.08.2026	Mensa (A,A1,H,H3)		Homemade pasta with basil-mint-orange pesto (H,H3)	2,90
Thursday, 20.08.2026	Mensa (A1,C,G,I)		Tortelloni with cheese filling with vegetables and arugula	2,70
Thursday, 20.08.2026	Mensa		Chicken breast in cardamom marinade on tomato-apple vegetables with bamboo strips served with rice	5,60
Thursday, 20.08.2026	Mensa (A1,G,L,2,3,5)		Homemade Pasta with cream sauce 'Alsatian style'	2,60
Thursday, 20.08.2026	Mensa (F)		WOK Asia coconut pan with tofu served with basmati rice	2,90
Thursday, 20.08.2026	Mensa		WOK Asia coconut pan with chicken breast served with basmati rice	3,50
Friday, 21.08.2026	Mensa (A1,F,K,2)		Fried Udon Noodles	3,70
Friday, 21.08.2026	Mensa (A,A1,H,H3)		Homemade pasta with basil-mint-orange pesto (H,H3)	2,90
Friday, 21.08.2026	Mensa (A1,F,G,H4,K,L,3)		sweet potatoes Bowl yoghurt mint sauce	3,90
Friday, 21.08.2026	Mensa (A1,D,I)		Homemade pasta with salmon and vegetable strips	2,70
Friday, 21.08.2026	Mensa (A1,G,L,2,3,5)		Homemade Pasta with cream sauce 'Alsatian style'	2,60

Date	Locality	Type	Description	Price
Friday, 21.08.2026	Mensa (F)		WOK Asia coconut pan with tofu served with basmati rice	2,90
Friday, 21.08.2026	Mensa		WOK Asia coconut pan with chicken breast served with basmati rice	3,50

 Vegan / Pig	 Vegan	 Vegetarian	 Poultry	 Pig
 Beef	 Calf	 Lamb / Sheep	 Venison	 Fish
 Pig / Poultry	 Pig / Fish	 Beef / Pig	 Poultry / Fish	



Allergene und Zusatzstoffe

Allergens and Additives

Allergene Allergens

- A** Glutenhaltiges Getreide *Gluten containing grains*
 - A1** Weizen *Wheat* • **A2** Dinkel *Spelt* • **A3** Roggen *Rye* • **A4** Gerste *Barley* • **A5** Hafer *Oats*
- B** Krebstiere und Krebstiererzeugnisse *Crustaceans and crustacean products*
- C** Eier und Eierzeugnisse *Eggs and egg products*
- D** Fisch und Fischerzeugnisse *Fish and fish products*
- E** Erdnüsse und Erdnusserzeugnisse *Peanuts and peanut products*
- F** Soja und Sojaerzeugnisse *Soybeans*
- G** Milch und Milcherzeugnisse *Milk and milk products*
- H** Schalenfrüchte *Nuts*
 - H1** Mandeln *Almonds* • **H2** Haselnüsse *Hazelnuts* • **H3** Walnüsse *Walnuts* • **H4** Cashewnüsse *Cashew nuts* • **H5** Pekannüsse *Pecan nuts* • **H6** Paranüsse *Brazil nuts* • **H7** Pistazien *Pistachio nuts* • **H8** Macadamianüsse *Macadamia nuts*
- I** Sellerie und Sellerieerzeugnisse *Celery and celery products*
- J** Senf und Senferzeugnisse *Mustard and mustard products*
- K** Sesamsamen und Sesamsamenerzeugnisse *Sesame and sesame products*
- L** Schwefeldioxid und Sulfite *Sulfur dioxides and sulfides*
- M** Lupine und Lupinenerzeugnisse *Lupines*
- N** Weichtiere (Mollusken) *Molluscs*

Zusatzstoffe Additives

- 1** Lebensmittelfarbe *Food colouring*
- 2** Konservierungsstoffe *Preservatives*
- 3** Antioxidationsmittel *Antioxidants*
- 4** Geschmacksverstärker *Flavour enhancer*
- 5** Geschwefelt *Sulfides*
- 6** Geschwärzt *Blackened*
- 7** Gewachst *Waxed*
- 8** Phosphat *Phosphates*
- 9** Süßungsmittel *Sweeteners*
- 10** Phenylalaninquelle *Phenylalanine*

Kreuzkontaminationen können bei der Herstellung der Speisen nicht vollständig ausgeschlossen werden. Mögliche Spuren werden nicht gekennzeichnet.

Cross contamination can not be excluded during food production. Traces of allergens are not marked.

	Rind <i>Beef</i>		Schwein <i>Pig</i>		Schwein/Fisch <i>Pig/Fish</i>		Geflügel/Fisch <i>Poultry/Fish</i>
	Fisch <i>Fish</i>		Geflügel <i>Poultry</i>		Wild <i>Deer</i>		Vegan
	Lamm/Schaf <i>Lamb/sheep</i>		Kalb <i>Calf</i>		Vegetarisch <i>Vegetarian</i>		Schwein/ Geflügel <i>Pig/Poultry</i>
	Rind/Schwein <i>Beef/Pig</i>		Insekt <i>Insect</i>		aus 100% Bio-Zutaten		