

















































menu Lichtwiese














Date	Locality	Type	Description	Price
Monday, 17.02.2020	Mensa (A,G) (A,G,I)		Turkey breast-steak with cream sauce	2,40
Monday, 17.02.2020	Mensa (A,F,G)		Mensa Vital Soya gyros with tzatziki served with couscous	2,30
Monday, 17.02.2020	Mensa (3,8,J) (I,L)		Rostbratwürstchen (sausage) "Nuremberg style" served with gravy	2,20
Monday, 17.02.2020	Mensa (A,G)		Short-term offer: more information available directly in the "mensa"	0,50
Monday, 17.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,80
Monday, 17.02.2020	Mensa (A)		Short-term offer: more information available directly in the "mensa"	0,70
Monday, 17.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70
Monday, 17.02.2020	Mensa (A,C,G)		Short-term offer: more information available directly in the "mensa"	0,80
Monday, 17.02.2020	Mensa (F)		Short-term offer: more information available directly in the "mensa"	0,80
Monday, 17.02.2020	Mensa (A,G)		Short-term offer: more information available directly in the "mensa"	0,80
Monday, 17.02.2020	Mensa (G)		Short-term offer: more information available directly in the "mensa"	0,80
Monday, 17.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70

Date	Locality	Type	Description	Price
Monday, 17.02.2020	Mensa (G)		Short-term offer: more information available directly in the "mensa"	0,70
Monday, 17.02.2020	Mensa (A) (A)		Short-term offer: more information available directly in the "mensa"	1,80
Monday, 17.02.2020	Mensa (A) (A,I)		Short-term offer: more information available directly in the "mensa"	1,80
Monday, 17.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	1,80
Monday, 17.02.2020	Bistro - Bistro (C,J,2,3,8)		Short-term offer: more information available directly in the "mensa"	2,80
Monday, 17.02.2020	Bistro - Bistro (G)		Short-term offer: more information available directly in the "mensa"	1,80
Monday, 17.02.2020	Mensa (F,1) (A)		WOK Stir-fryspicy Pak Choi with mie noodles	2,90
Tuesday, 18.02.2020	Mensa (I)		Roast beef "Esterhazy" with julienne vegetables	2,40
Tuesday, 18.02.2020	Mensa (2,A,F,H)		Mensa Vital Vegetable Couscous with Tofu, plums and diced mangos	2,80
Tuesday, 18.02.2020	Mensa (A,C,I) (I,L)		Breaded crispy schnitzel with onion sauce	2,70
Tuesday, 18.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,80
Tuesday, 18.02.2020	Mensa (A)		Short-term offer: more information available directly in the "mensa"	0,70
Tuesday, 18.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70
Tuesday, 18.02.2020	Mensa (1,2,4,A,F,K)		WOK Orange ginger chicken basmati rice	3,90
Tuesday, 18.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	1,80
Tuesday, 18.02.2020	Bistro - Bistro (A,C,F,G,J,K,M,9)		Short-term offer: more information available directly in the "mensa"	3,90
Tuesday, 18.02.2020	Bistro - Bistro (A,C,G)		Short-term offer: more information available directly in the "mensa"	2,90

Date	Locality	Type	Description	Price
Tuesday, 18.02.2020	Mensa (1,2,4,A,F,K)		WOK Orange ginger with tofu basmati rice	3,60
Wednesday, 19.02.2020	Mensa (2,3,4,8,J,G,I) (2,3,4,8,J) (A)		Odenwalder potatoe stew with smoked meat (2,3,4,G,I)served with a roll	2,10
Wednesday, 19.02.2020	Mensa (2,3,4,8,J,G,I) (2,3,4,8,J) (A)		Odenwalder potatoe stew with smoked meat (2,3,4,G,I)with wieners served with a roll	2,60
Wednesday, 19.02.2020	Mensa (A,G)		Mensa Vital Chicken breast with tomato-Mozzarella crust served with broccoli and curry rice	3,10
Wednesday, 19.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	2,30
Wednesday, 19.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,80
Wednesday, 19.02.2020	Mensa (A)		Short-term offer: more information available directly in the "mensa"	0,70
Wednesday, 19.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70
Wednesday, 19.02.2020	Mensa (E)		Wok "Satay" with turkey breast served with basmati rice	3,90
Wednesday, 19.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	1,80
Wednesday, 19.02.2020	Bistro - Bistro (J,9)		Short-term offer: more information available directly in the "mensa"	2,60
Wednesday, 19.02.2020	Bistro - Bistro (A,C,G)		Short-term offer: more information available directly in the "mensa"	3,20
Wednesday, 19.02.2020	Bistro - Bistro (A,C,F,G)		Short-term offer: more information available directly in the "mensa"	2,50
Wednesday, 19.02.2020	Mensa (A,E,F)		Wok "Satay" with tofu and vegetables (F,E)served with basmati rice	3,60
Thursday, 20.02.2020	Mensa (A,H)		Spaghetti with limes, peas, mushrooms and cashews	2,80

Date	Locality	Type	Description	Price
Thursday, 20.02.2020	Mensa (1,3,A,J,C,D,G,L)		Mensa Vital Cooked hake (fish) in an egg-dill shell on balsamic lentils with horseradish mashed potatoes	3,20
Thursday, 20.02.2020	Mensa (I)		Pork ridge steak with a bärlauch sauce	2,10
Thursday, 20.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,80
Thursday, 20.02.2020	Mensa (A)		Short-term offer: more information available directly in the "mensa"	0,70
Thursday, 20.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70
Thursday, 20.02.2020	Mensa (A,F)		Wok spicy curry chicken served with mie noodles	3,90
Thursday, 20.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	1,80
Thursday, 20.02.2020	Bistro - Bistro (A)		Short-term offer: more information available directly in the "mensa"	2,40
Thursday, 20.02.2020	Bistro - Bistro (F,3)		Short-term offer: more information available directly in the "mensa"	3,00
Thursday, 20.02.2020	Mensa (A,F)		Wok spicy curry tofu served with mie noodles	3,60
Friday, 21.02.2020	Mensa (A,D) (3,A,J,C,G,I)		Roasted saithe (fish) filet with sauce tartar	1,70
Friday, 21.02.2020	Mensa (A,C,G,H)		Mensa Vital Potatoe-savoy-casserole with potatoe dices and cashews topped with balkan cheese	2,30
Friday, 21.02.2020	Mensa (3,4,8,J)		Curry frying sausage	1,60
Friday, 21.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,80
Friday, 21.02.2020	Mensa (A)		Short-term offer: more information available directly in the "mensa"	0,70
Friday, 21.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	0,70

Date	Locality	Type	Description	Price
Friday, 21.02.2020	Mensa (2,3,A,F,E)		WOK Pad Thai with Chicken breast and rice noodle	3,10
Friday, 21.02.2020	Mensa		Short-term offer: more information available directly in the "mensa"	1,80
Friday, 21.02.2020	Bistro - Bistro (A,D,G,I)		Short-term offer: more information available directly in the "mensa"	3,60
Friday, 21.02.2020	Bistro - Bistro (A,G)		Short-term offer: more information available directly in the "mensa"	1,80
Friday, 21.02.2020	Mensa (2,3,A,F,E)		WOK Pad Thai with Tofu and rice noodle	2,90

 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



studierendenwerk
darmstadt

Allergene

- A** Glutenhaltiges Getreide*
- B** Krebstiere und Krebstiererzeugnisse
- C** Eier und Eierzeugnisse
- D** Fisch und Fischerzeugnisse
- E** Erdnüsse und Erdnusserzeugnisse
- F** Soja und Sojaerzeugnisse
- G** Milch und Milcherzeugnisse
- H** Schalenfrüchte*
- I** Sellerie und Sellerieerzeugnisse
- J** Senf und Senferzeugnisse
- K** Sesamsamen und Sesamsamenerzeugnisse
- L** Schwefeldioxid und Sulfite
- M** Lupine und Lupinerzeugnisse
- N** Weichtiere (Mollusken)

*Für genauere Informationen zu Gluten und Schalenfrüchten fragen Sie bitte unsere MitarbeiterInnen.

Allergens

- A** Gluten containing grains*
- B** Crustaceans and crustacean products
- C** Eggs and egg products
- D** Fish and fish products
- E** Peanuts and peanut products
- F** Soybeans
- G** Milk and milk products
- H** Nuts*
- I** Celery and celery products
- J** Mustard and mustard products
- K** Sesame and sesame products
- L** Sulfur dioxides and sulfides
- M** Lupines
- N** Molluscs

*For more information on gluten containing grains and nuts please ask our staff.

Zusatzstoffe

- 1** Lebensmittelfarbe
- 2** Konservierungsstoffe
- 3** Antioxidationsmittel
- 4** Geschmacksverstärker
- 5** Geschwefelt
- 6** Geschwärzt
- 7** Gewachst
- 8** Phosphat
- 9** Süßungsmittel
- 10** Phenylalaninquelle

Additives

- 1** Food colouring
- 2** Preservatives
- 3** Antioxidants
- 4** Flavour enhancer
- 5** Sulfides
- 6** Blackened
- 7** Waxed
- 8** Phosphates
- 9** Sweeteners
- 10** Phenylalanine

