












# Weekly menu


26.9.2022 - 30.9.2022


Date	26.9.2022	27.9.2022	28.9.2022	29.9.2022	30.9.2022
<b>Gut &amp; Gerne (included 3 side dishes)</b>	Egg   Mustard sauce 3,57 € 	Cordon bleu   Chicken   Cream sauce 3,57 €	Pork meat Maultaschen   Scrambled eggs 3,57 €	Rissoles   Onion sauce 3,57 €	Sausage goulash 3,57 €
<b>Quer Beet</b>	Roast pork   Malt beer sauce   Bavarian cabbage   Mashed potato 4,95 €	Pea stew   Bockwurst 2,75 €	Country potato   Herb dip 2,75 €	Bread dumpling   Fried   Forest mushroom sauce 3,95 € 	Rice pudding   Plum compote 2,75 € 
<b>Mediterran</b>	Spaghetti   Avocado pesto 3,95 € 	Gnocchi   Sage butter 3,60 €	Pizza   Lentil   Broccoli   Artichoke 4,75 € 	MY SALAD   Caesar   Turkey 5,25 € 	Baked potato   Couscous   Soy yoghurt 3,50 €  
<b>Imbiss</b>	Currywurst   Bread roll 2,75 €	Chick pea burger   House ketchup   Sweet potato fries 4,25 € 	Pork chop   Jus   Cauliflower   Parsley potato 3,50 €	Gyros   Pork   Coleslaw   Djuvec rice 4,50 €	Fish fingers   3,95 €
<b>Wok 2.0</b>	Chop suey   Beef   Rice 4,75 €	Shio Soba   Pork   Pak choi   Corn 4,95 €	Butter chicken   Jasmin rice 5,25 €	Kimchi stew 2,75 € 	Bibimbap   Beef   Edamame   Scambled egg   Rice 4,95 €
<b>Essthetik</b>	Duck breast   Plum sauce   Salsify gratin 6,25 €	Roast beef   Carrot   Spaetzle 5,25 €	Cod   Crispy coated   Tomato fennel ragout 6,50 €	Leg of Lamb   Potato   Spinach 6,25 €	Chicken breast   Potato pumpkin risotto 4,50 €


Side dishes each 0,90€ / 1,10 € / 1,45 € • Salad buffet 1,10 € per 100g • Dessert buffet 1,15 € per 100g •

You will find all the information about the food additives, allergens and nutritional values on the notice board or our homepage [www.ergo-gourmet.de](http://www.ergo-gourmet.de)  
External guests will pay a surcharge of 100 % to the advertising rate.  
Our offer is subject to alterations.

 = Vegetarian

 = Vegan

 = Low Carb

 = Climate meal

**ERGO Gourmet**  
Wir bereiten Genussmomente.

**ERGO**