

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|--------------------------------------|---------|-------------|-------|--------|-------------|---------|------------|---------|-----------|
| 23.01.2023 | Rindergemüseragout C | 1.331 | 319 | 17.91 | 6.746 | 10.54 | 5.154 | 28.13 | 2.939 | |
| | Spirelli B | 1.660 | 392 | 3.835 | 705,5 | 74.55 | 3.255 | 13.12 | 6.241 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Sellerieschnitzel B | 2.250 | 545 | 47.89 | 3.728 | 20.30 | 3.335 | 4.205 | 2.030 | |
| | Rahmporree B | 605 | 146 | 11.33 | 4.653 | 7.218 | 4.821 | 3.306 | 1.310 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Boulette A | 1.036 | 249 | 18.00 | 6.700 | 7.100 | 1.400 | 14.00 | 1.400 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Rahmporree B | 605 | 146 | 11.33 | 4.653 | 7.218 | 4.821 | 3.306 | 1.310 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Eierkuchen mit Quarkfüllung C | 1.184 | 281 | 7.862 | 2.252 | 39.73 | 16.57 | 11.90 | 671,5 | |
| | Vanillesoße B | 902 | 216 | 13.20 | 8.820 | 20.15 | 14.80 | 4.691 | 247,9 | |
| | Hühnernudeleint.Diät o.Nudeln B | 711 | 169 | 3.016 | 918,3 | 12.48 | 9.407 | 20.52 | 1.636 | |
| | Reis B | 574 | 135 | 408,8 | 116,9 | 29.80 | 158,9 | 2.790 | 4.429 | |
| | Hühnernudeleint.o.Nudeln C | 707 | 168 | 3.215 | 906,3 | 10.01 | 6.777 | 22.55 | 4.727 | |
| | Gabelspaghetti Einlage B | 681 | 161 | 2.753 | 410,0 | 28.26 | 1.226 | 5.200 | 2.494 | |
| | Kartoffelsuppe passiert C | 1.289 | 309 | 11.35 | 1.119, | 43.55 | 6.793 | 6.113, | 3.107 | |
| | Heidelbeerquark A | 620 | 148 | 5.985 | 3.885 | 17.74 | 16.90 | 5.460 | 105,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Rindergulasch B | 1.343 | 322 | 16.99 | 6.435 | 9.540 | 3.369 | 32.30 | 2.747 | |
| | Möhrengemüse Diät B | 147 | 35 | 0,0 | 0,0 | 6.923 | 6.634 | 923,1 | 877,1 | |
| | Reis B | 821 | 193 | 584,1 | 167,0 | 42.58 | 227,0 | 3.986 | 6.327 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 23.01.2023 | | | | | | | | | | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Heidelbeerquark A | 620 | 148 | 5.985 | 3.885 | 17.74 | 16.90 | 5.460 | 105,0 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

24.01.2023

| | | | | | | | | | | |
|--|--|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | gedünstetes Fischfilet B | 496 | 117 | 2.474 | 521,6 | 40,4 | 38,4 | 23.79 | 2.241 | |
| | Frischkäse-Basilikumsoße vegetarisch B | 361 | 87 | 8.001 | 5.275 | 2.607 | 995,7 | 1.142 | 996,3 | |
| | Kohlrabi-Möhrengemüse B | 353 | 85 | 4.608 | 394,0 | 8.260 | 7.207 | 1.398 | 1.136 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kohlroulade B | 1.133 | 272 | 19.80 | 7.740 | 12.80 | 4.872 | 8.823 | 1.656 | |
| | Speckstippe B | 527 | 127 | 9.626 | 4.850 | 5.687 | 706,2 | 4.168 | 1.960 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Ravioli vegetarisch B | 3.045 | 725 | 30.70 | 10.39 | 80.75 | 5.750 | 28.25 | 3.000 | |
| | Tomatensoße vegetarisch B | 299 | 72 | 3.978 | 1.260 | 7.555 | 4.922 | 1.050 | 1.809 | |
| | geriebener Käse A Tablett | 201 | 48 | 3.333 | 2.300 | 40,0 | 25,0 | 4.466 | 336,7 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 24.01.2023 | Gurken-Kräuter-Quark A | 979 | 234 | 12.44 | 8.235 | 9.758 | 9.366 | 20.36 | 2.196 | |
| | Möhrensalat A | 228 | 54 | 100,0 | 100,0 | 11.40 | 7.650 | 600,0 | 805,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | bayrischer Fleischkäse B | 1.235 | 299 | 27.03 | 10.23 | 666,7 | 666,7 | 13.16 | 1.666 | |
| | Bratensenfsoße C | 352 | 84 | 3.484 | 2.131 | 11.69 | 5.558 | 1.150 | 1.718 | |
| | Kohlrabi-Möhrengemüse B | 353 | 85 | 4.608 | 394,0 | 8.260 | 7.207 | 1.398 | 1.136 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Gurken-Kräuter-Quark A | 979 | 234 | 12.44 | 8.235 | 9.758 | 9.366 | 20.36 | 2.196 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Möhrensalat A | 228 | 54 | 100,0 | 100,0 | 11.40 | 7.650 | 600,0 | 805,0 | |
| | gedünstetes Fischfilet B | 496 | 117 | 2.474 | 521,6 | 40,4 | 38,4 | 23.79 | 2.241 | |
| | helle Soße Diät B | 560 | 136 | 10.48 | 7.071 | 9.239 | 1.127 | 1.113, | 1.454 | |
| | Gurkensalat mit Dill B | 156 | 37 | 1.612 | 187,4 | 4.767 | 4.734 | 606,3 | 1.690 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Seelachs passiert B | 766 | 187 | 12.39 | 7.093 | 3.769 | 2.051 | 14.97 | 1.308 | |
| | Frischkäse-Basilikumsoße vegetarisch B | 361 | 87 | 8.001 | 5.275 | 2.607 | 995,7 | 1.142 | 996,3 | |
| | Brokkoli passiert B | 372 | 91 | 3.607 | 1.417 | 6.670 | 1.998 | 6.550 | 1.370 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Vanillequark Becher | 437 | 104 | 3.145 | 2.125 | 13.60 | 12.75 | 5.185 | 68,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bayrischer Fleischkäse B | 1.235 | 299 | 27.03 | 10.23 | 666,7 | 666,7 | 13.16 | 1.666 | |
| | Kohlrabi-Möhrengemüse B | 353 | 85 | 4.608 | 394,0 | 8.260 | 7.207 | 1.398 | 1.136 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 24.01.2023 | | | | | | | | | | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Vanillequark Becher | 437 | 104 | 3.145 | 2.125 | 13.60 | 12.75 | 5.185 | 68,0 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

25.01.2023

| | | | | | | | | | | |
|--|--|-------|-----|-------|-------|--------|-------|-------|-------|--|
| | gekochtes Rindfleisch B | 918 | 219 | 11.12 | 4.971 | 774,3 | 563,3 | 29.09 | 647,8 | |
| | Meerrettichsoße für Rindfleisch B | 492 | 119 | 8.980 | 5.142 | 7.703 | 2.047 | 1.324 | 1.816 | |
| | Wurzelgemüse B | 291 | 70 | 4.564 | 377,7 | 5.118, | 3.637 | 926,5 | 669,6 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | vegetarische Grünkohl-Hanfällchen X | 775 | 186 | 11.22 | 1.224 | 15.30 | 2.550 | 4.590 | 1.122 | |
| | Toskan.Bohngemüse C | 846 | 202 | 5.333 | 1.001 | 21.62 | 8.691 | 10.27 | 1.663 | |
| | Butterreis B | 934 | 221 | 5.249 | 507,2 | 39.40 | 571,8 | 3.702 | 6.957 | |
| | Bratwurst veg. B | 1.420 | 345 | 32.02 | 5.313 | 4.000 | 560,0 | 7.840 | 1.160 | |
| | Zwiebelsoße für Bratwurst B | 338 | 81 | 4.410 | 1.703 | 8.383 | 1.812 | 1.593 | 1.562 | |
| | Sauerkraut Spreewälder Art vegetarisch C | 361 | 86 | 2.442 | 298,3 | 12.49 | 9.820 | 1.522 | 2.224 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|--------------------------------------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 25.01.2023 | Kalbsrahmgulasch MMT A | 1.118 | 268 | 12.25 | 5.250 | 7.750 | 2.750 | 30.00 | 2.750 | |
| | Rotkohl MMT A | 457 | 108 | 980,3 | 300,3 | 21.47 | 17.73 | 1.433 | 1.955 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Hefeklöße A | 1.315 | 310 | 3.024 | 882,0 | 60.85 | 2.646 | 9.954 | 1.398 | |
| | Waldbeerensoße C | 429 | 102 | 297,5 | 60,3 | 23.04 | 22.90 | 652,1 | 59,8 | |
| | gekochtes Rindfleisch B | 918 | 219 | 11.12 | 4.971 | 774,3 | 563,3 | 29.09 | 647,8 | |
| | helle Soße Diät B | 560 | 136 | 10.48 | 7.071 | 9.239 | 1.127 | 1.113, | 1.454 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Blattsalat m.EssigÖl Dress.Tablett A | 67 | 16 | 45,0 | 45,0 | 3.110, | 2.490 | 290,0 | 870,0 | |
| | gekochtes Rindfleisch B | 918 | 219 | 11.12 | 4.971 | 774,3 | 563,3 | 29.09 | 647,8 | |
| | helle Soße Diät B | 560 | 136 | 10.48 | 7.071 | 9.239 | 1.127 | 1.113, | 1.454 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Blattsalat m.EssigÖl Dress.Tablett A | 67 | 16 | 45,0 | 45,0 | 3.110, | 2.490 | 290,0 | 870,0 | |
| | Rindfleisch passiert C | 942 | 229 | 16.52 | 9.282 | 4.360 | 2.181 | 15.59 | 1.285 | |
| | Meerrettichsoße für Rindfleisch B | 492 | 119 | 8.980 | 5.142 | 7.703 | 2.047 | 1.324 | 1.816 | |
| | Möhrengemüse passiert B | 413 | 102 | 4.713 | 1.648 | 7.841 | 4.986 | 6.096 | 1.599 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Apfelkompott Dessert | 292 | 69 | 150,0 | 100,0 | 16.12 | 14.87 | 150,0 | 33,3 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | gekochtes Rindfleisch C Diät | 961 | 229 | 11.29 | 5.066 | 2.679 | 1.483 | 29.33 | 3.157 | |
| | Wurzelgemüse B | 291 | 70 | 4.564 | 377,7 | 5.118, | 3.637 | 926,5 | 669,6 | |
| | Spirelli B | 1.660 | 392 | 3.835 | 705,5 | 74.55 | 3.255 | 13.12 | 6.241 | |
| | helle Soße Diät B | 560 | 136 | 10.48 | 7.071 | 9.239 | 1.127 | 1.113, | 1.454 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 25.01.2023 | | | | | | | | | | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Apfelkompott Dessert | 292 | 69 | 150,0 | 100,0 | 16.12 | 14.87 | 150,0 | 33,3 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

26.01.2023

| | | | | | | | | | | |
|--|---|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | Hähnchenbrust gebraten B | 508 | 123 | 2.900 | 820,0 | 1.320 | 500,0 | 23.00 | 1.320 | |
| | Pfirs.-Curry-Soße f.Huhn B | 668 | 160 | 10.04 | 7.370 | 15.79 | 11.42 | 1.286 | 1.159 | |
| | Champignonragout vegetarisch B | 531 | 128 | 9.174 | 3.615 | 6.052 | 2.262 | 5.227 | 928,1 | |
| | Basmatireis B | 961 | 227 | 4.672 | 454,6 | 42.00 | 163,6 | 3.981 | 635,6 | |
| | gefüllte Paprikaschote mit Schweinehack C | 0 | 0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | |
| | Paprika-Tomatensoße B | 788 | 190 | 11.72 | 1.558 | 17.09 | 13.71 | 2.283 | 2.344 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kürbis-Kart.-Gratin m.Paprika B | 1.606 | 385 | 20.00 | 5.496 | 38.76 | 11.84 | 11.25 | 3.765 | |
| | Kräuter-Dillsoße B | 330 | 80 | 6.824 | 4.482 | 3.631 | 1.008 | 837,0 | 723,4 | |
| | Eieromlette B | 440 | 105 | 7.110 | 1.980 | 1.980 | 810,0 | 8.550 | 900,0 | |
| | Champignonragout vegetarisch B | 531 | 128 | 9.174 | 3.615 | 6.052 | 2.262 | 5.227 | 928,1 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|--------------------------------------|------------|----------------|-------|-----------|---------------|------------|---------------|------------|--------------|
| 26.01.2023 | | | | | | | | | | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kesselgulasch C | 1.295 | 309 | 11.74 | 5.980 | 27.55 | 6.948 | 21.61 | 4.517 | |
| | Hähnchenbrust Diät B | 508 | 123 | 2.900 | 820,0 | 1.320 | 500,0 | 23.00 | 1.320 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Basmatireis B | 961 | 227 | 4.672 | 454,6 | 42.00 | 163,6 | 3.981 | 635,6 | |
| | Blattsalat m.EssigÖl Dress.Tablett A | 67 | 16 | 45,0 | 45,0 | 3.110, | 2.490 | 290,0 | 870,0 | |
| | Hähnchenbrust Diät B | 508 | 123 | 2.900 | 820,0 | 1.320 | 500,0 | 23.00 | 1.320 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Möhrengemüse Diät B | 147 | 35 | 0,0 | 0,0 | 6.923 | 6.634 | 923,1 | 877,1 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Hähnchen passiert B | 860 | 209 | 12.68 | 6.835 | 5.622 | 2.577 | 17.77 | 1.822 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Möhrengemüse passiert B | 413 | 102 | 4.713 | 1.648 | 7.841 | 4.986 | 6.096 | 1.599 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Erdbeerjoghurt A | 421 | 99 | 2.966 | 1.933 | 14.56 | 13.00 | 3.133 | 100,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Hähnchenbrust Diät B | 508 | 123 | 2.900 | 820,0 | 1.320 | 500,0 | 23.00 | 1.320 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Selleriegemüse Diät B | 124 | 30 | 140,0 | 60,0 | 4.040 | 720,0 | 1.520 | 921,7 | |
| | Basmatireis B | 961 | 227 | 4.672 | 454,6 | 42.00 | 163,6 | 3.981 | 635,6 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 26.01.2023 | | | | | | | | | | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Erdbeerjoghurt A | 421 | 99 | 2.966 | 1.933 | 14.56 | 13.00 | 3.133 | 100,0 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

27.01.2023

| | | | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Putengulasch C | 1.016 | 243 | 11.67 | 3.666 | 3.767 | 977,4 | 30.37 | 1.604 | |
| Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| Apfelstrudel A | 17.98 | 4.280 | 152.0 | 74.00 | 640.0 | 260.0 | 64.00 | 8.000 | |
| Vanillesoße A | 1.031 | 247 | 14.80 | 9.900 | 23.63 | 17.35 | 5.434 | 289,1 | |
| Gemüsegulasch B | 712 | 171 | 12.87 | 6.054 | 9.745 | 4.686 | 2.918 | 1.291 | |
| Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| Curry-Ingwer Hähnchengeschetztes MMT A | 1.338 | 318 | 16.25 | 7.750 | 21.50 | 12.00 | 21.00 | 3.500 | |
| Basmati MMT A | 996 | 234 | 1.400 | 400,0 | 53.00 | 200,0 | 5.600 | 0,0 | |
| paniertes Seelachsfilet 100g B | 791 | 189 | 8.800 | 833,3 | 13.90 | 500,0 | 13.10 | 596,7 | |
| Rahmspinat B | 922 | 223 | 18.52 | 8.468 | 7.604 | 2.580 | 6.199 | 2.372 | |
| Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| Gemüsegulasch B | 712 | 171 | 12.87 | 6.054 | 9.745 | 4.686 | 2.918 | 1.291 | |
| Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| Putengulasch C | 1.016 | 243 | 11.67 | 3.666 | 3.767 | 977,4 | 30.37 | 1.604 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 27.01.2023 | | | | | | | | | | |
| | Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Seelachs passiert B | 766 | 187 | 12.39 | 7.093 | 3.769 | 2.051 | 14.97 | 1.308 | |
| | Rahmspinat B | 922 | 223 | 18.52 | 8.468 | 7.604 | 2.580 | 6.199 | 2.372 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Pfirsich Maracuja Joghurt A | 352 | 83 | 1.866 | 1.200 | 13.50 | 12.00 | 2.966 | 103,3 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Putengulasch B | 1.016 | 243 | 11.67 | 3.666 | 3.767 | 977,4 | 30.37 | 1.604 | |
| | Möhrengemüse B | 256 | 61 | 2.523 | 176,1 | 8.034 | 7.682 | 831,8 | 1.329 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Pfirsich Maracuja Joghurt A | 352 | 83 | 1.866 | 1.200 | 13.50 | 12.00 | 2.966 | 103,3 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|--------------------------------------|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 28.01.2023 | | | | | | | | | | |
| 28.01.2023 | | | | | | | | | | |
| | paniertes Schweineschnitzel B | 1.779 | 426 | 25.93 | 3.641 | 24.45 | 1.425 | 25.12 | 2.175 | |
| | Rahmsoße zu Hackbraten B | 432 | 103 | 5.568 | 3.807 | 11.35 | 1.776 | 1.758 | 2.017 | |
| | Blumenkohlgemüse B | 553 | 133 | 10.73 | 1.058 | 3.642 | 2.763 | 4.436 | 172,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Hackbraten LVK C | 926 | 222 | 15.88 | 6.617 | 7.500 | 264,7 | 12.35 | 1.058 | |
| | Soße für Hackbraten LVK C | 418 | 100 | 5.340 | 3.490 | 11.22 | 1.913 | 1.600 | 1.781 | |
| | Blumenkohlgemüse B | 553 | 133 | 10.73 | 1.058 | 3.642 | 2.763 | 4.436 | 172,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | gekochte Eier A | 638 | 153 | 11.00 | 3.300 | 600,0 | 400,0 | 13.00 | 775,0 | |
| | Frankfurter Soße B | 727 | 176 | 15.27 | 4.101 | 6.565 | 5.625 | 2.895 | 1.712 | |
| | Blumenkohlgemüse B | 553 | 133 | 10.73 | 1.058 | 3.642 | 2.763 | 4.436 | 172,0 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Falafelbällchen B | 605 | 144 | 4.200 | 600,0 | 20.25 | 3.300 | 4.650 | 975,0 | |
| | Tomaten-Paprika-Sugo B | 575 | 138 | 8.456 | 1.137 | 12.61 | 10.34 | 1.656 | 2.542 | |
| | Gemüse Couscous C | 1.230 | 293 | 11.06 | 1.433 | 37.76 | 5.700 | 7.500 | 2.440 | |
| | Blumenkohleint.m.Huhn B | 1.090 | 260 | 6.680 | 2.730 | 22.63 | 6.874 | 25.01 | 4.632 | |
| | Blumenkohleint.m.Huhn B | 1.090 | 260 | 6.680 | 2.730 | 22.63 | 6.874 | 25.01 | 4.632 | |
| | Geflügelboulette passiert A | 1.175 | 282 | 20.78 | 10.04 | 7.314 | 2.636 | 13.79 | 2.198 | |
| | Soße für Hackbraten LVK C | 418 | 100 | 5.340 | 3.490 | 11.22 | 1.913 | 1.600 | 1.781 | |
| | Blumenkohl passiert B | 555 | 136 | 8.694 | 4.075 | 5.671 | 2.893 | 8.230 | 1.947 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Rote Grütze mit Sahnehaube | 473 | 112 | 1.812 | 1.125 | 23.12 | 18.12 | 562,5 | 112,5 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 28.01.2023 | | | | | | | | | | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Hackbraten LVK C | 926 | 222 | 15.88 | 6.617 | 7.500 | 264,7 | 12.35 | 1.058 | |
| | Blumenkohlgemüse B | 553 | 133 | 10.73 | 1.058 | 3.642 | 2.763 | 4.436 | 172,0 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Gemüsecouscous C | 1.230 | 293 | 11.06 | 1.433 | 37.76 | 5.700 | 7.500 | 2.440 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Rote Grütze mit Sahnehaube | 473 | 112 | 1.812 | 1.125 | 23.12 | 18.12 | 562,5 | 112,5 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

29.01.2023

| | | | | | | | | | | |
|--|-------------------|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | Hühnerfrikassee B | 1.224 | 292 | 12.04 | 5.897 | 9.850 | 4.806 | 35.07 | 2.338 | |
| | Butterreis B | 934 | 221 | 5.249 | 507,2 | 39.40 | 571,8 | 3.702 | 6.957 | |
| | Hirschgulasch C | 1.447 | 347 | 16.92 | 5.098 | 16.03 | 9.929 | 31.60 | 2.520 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|------------------------------|------------|----------------|-------|-----------|---------------|------------|---------------|------------|--------------|
| 29.01.2023 | | | | | | | | | | |
| | Apfelrotkohl B | 295 | 70 | 232,0 | 129,3 | 13.43 | 10.47 | 1.666 | 2.629 | |
| | Serviettenknödel B | 1.159 | 275 | 4.620 | 1.380 | 40.56 | 4.980 | 15.84 | 2.460 | |
| | Gemüsemoussaka B | 1.475 | 353 | 14.31 | 3.845 | 38.45 | 10.78 | 14.63 | 3.738 | |
| | Tomatensoße vegetarisch B | 299 | 72 | 3.978 | 1.260 | 7.555 | 4.922 | 1.050 | 1.809 | |
| | Quarkstrudel B | 1.786 | 425 | 15.17 | 5.689 | 56.00 | 36.00 | 15.40 | 800,0 | |
| | Vanillesoße A | 1.031 | 247 | 14.80 | 9.900 | 23.63 | 17.35 | 5.434 | 289,1 | |
| | Apfelkompott A | 292 | 69 | 150,0 | 100,0 | 16.12 | 14.87 | 150,0 | 33,3 | |
| | Sauerbraten C | 1.161 | 277 | 15.05 | 6.005 | 3.876 | 3.789 | 25.73 | 337,1 | |
| | Soße für Sauerbraten C | 318 | 76 | 2.794 | 1.922 | 11.19 | 3.171 | 1.322 | 1.770 | |
| | Apfelrotkohl B | 295 | 70 | 232,0 | 129,3 | 13.43 | 10.47 | 1.666 | 2.629 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Sauerbraten C | 1.161 | 277 | 15.05 | 6.005 | 3.876 | 3.789 | 25.73 | 337,1 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Möhrengemüse Diät B | 147 | 35 | 0,0 | 0,0 | 6.923 | 6.634 | 923,1 | 877,1 | |
| | Sauerbraten C | 1.161 | 277 | 15.05 | 6.005 | 3.876 | 3.789 | 25.73 | 337,1 | |
| | Bratensoße Diät B | 404 | 97 | 5.440 | 2.474 | 10.43 | 1.624 | 1.398 | 1.704 | |
| | Möhrengemüse Diät B | 147 | 35 | 0,0 | 0,0 | 6.923 | 6.634 | 923,1 | 877,1 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Rindfleisch passiert C | 942 | 229 | 16.52 | 9.282 | 4.360 | 2.181 | 15.59 | 1.285 | |
| | Soße für Sauerbraten C | 318 | 76 | 2.794 | 1.922 | 11.19 | 3.171 | 1.322 | 1.770 | |
| | Möhrengemüse passiert B | 413 | 102 | 4.713 | 1.648 | 7.841 | 4.986 | 6.096 | 1.599 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Mousse au Chocolat | 1.008 | 242 | 10.45 | 8.450 | 28.50 | 25.50 | 7.300 | 310,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 537 | 124 | 53,3 | 53,3 | 26.61 | 1.440 | 3.146 | 1.023 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Hirschgulasch C | 1.447 | 347 | 16.92 | 5.098 | 16.03 | 9.929 | 31.60 | 2.520 | |
| | Apfelrotkohl B | 295 | 70 | 232,0 | 129,3 | 13.43 | 10.47 | 1.666 | 2.629 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 29.01.2023 | | | | | | | | | | |
| | Serviettenknödel B | 1.159 | 275 | 4.620 | 1.380 | 40.56 | 4.980 | 15.84 | 2.460 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.053 | 253 | 16.91 | 11.28 | 6.868 | 6.455 | 17.38 | 2.415 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | bunter Salatteller mit Hühnchen MMT | 690 | 163 | 3.797 | 910,3 | 7.082 | 6.588 | 23.91 | 762,2 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Mozzarella/Olive MMT | 942 | 226 | 15.30 | 8.018 | 7.340 | 6.926 | 13.31 | 1.014 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | bunter Salatteller mit Thunfisch MMT | 802 | 191 | 7.941 | 1.166 | 6.682 | 6.140 | 22.70 | 791,0 | |
| | Joghurt Dressing Tablett | 416 | 101 | 9.550 | 800,0 | 2.875 | 1.800 | 575,0 | 575,0 | |
| | EssigÖl Dress. Tablett A | 112 | 27 | 50,0 | 50,0 | 5.700 | 4.500 | 100,0 | 1.700 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Mousse au Chocolat | 1.008 | 242 | 10.45 | 8.450 | 28.50 | 25.50 | 7.300 | 310,0 | |