

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---------------------------------------------|---------|-------------|--------|--------|------------|---------|------------|---------|-----------|
| 26.09.2022 | Kohlrabieint.m. Rindfl.C | 917 | 220 | 7.113, | 3.703 | 24.68 | 8.598 | 12.91 | 3.536 | |
| | Putengulasch B | 1.016 | 243 | 11.67 | 3.666 | 3.767 | 977,4 | 30.37 | 1.604 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Schupfnudelpfanne B | 2.355 | 558 | 21.73 | 3.205 | 74.50 | 17.32 | 12.43 | 3.198 | |
| | Schnittlauchsoße vegetarisch B | 548 | 133 | 12.20 | 5.727 | 4.562 | 1.279 | 1.029 | 1.191 | |
| | Crepe X | 1.005 | 239 | 8.820 | 1.968 | 30.84 | 4.320 | 8.160 | 777,0 | |
| | Champignonragout vegetarisch B | 598 | 144 | 10.34 | 4.117, | 6.734 | 2.551 | 5.900 | 1.036 | |
| | Möhrensalat A | 228 | 54 | 100,0 | 100,0 | 11.40 | 7.650 | 600,0 | 805,0 | |
| | Weißkohleintopf C | 835 | 200 | 5.036 | 2.020 | 29.81 | 13.29 | 5.552 | 4.470 | |
| | Kohlrabieint.m. Rindfl.C | 917 | 220 | 7.113, | 3.703 | 24.68 | 8.598 | 12.91 | 3.536 | |
| | Kohlrabieint.m. Rindfl.C | 917 | 220 | 7.113, | 3.703 | 24.68 | 8.598 | 12.91 | 3.536 | |
| | Kohlrabieint. passiert C | 894 | 215 | 4.136 | 2.498 | 35.82 | 11.11 | 6.710 | 4.240 | |
| | Fruchtjoghurt Stück | 503 | 119 | 3.656 | 2.437 | 17.37 | 15.71 | 3.843 | 118,8 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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) |
|-------|----------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
|-------|----------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|

26.09.2022

| | | | | | | | | | | |
|--|------------------------------|-----|-----|-------|-------|-------|-------|-------|-------|--|
| | Fruchtjoghurt Stück | 503 | 119 | 3.656 | 2.437 | 17.37 | 15.71 | 3.843 | 118,8 | |
| | 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) |
|-------|----------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
|-------|----------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|

27.09.2022

| | | | | | | | | | | |
|--|---------------------------------------|-------|-----|-------|-------|-------|-------|-------|--------|--|
| | gedünstetes Fischfilet B | 496 | 118 | 2.475 | 521,5 | 56,5 | 41,0 | 23.79 | 2.241 | |
| | Honig-Dill-Senf-Soße für Fisch B | 416 | 100 | 7.946 | 3.388 | 5.702 | 2.855 | 1.034 | 1.120 | |
| | Brokkoligemüse C | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Grillhaxe C | 1.150 | 274 | 12.60 | 4.140 | 3.780 | 720,0 | 36.00 | 3.420 | |
| | Soße für Grillhaxe C | 268 | 64 | 2.290 | 1.552 | 9.219 | 1.508 | 1.369 | 2.110, | |
| | Sauerkraut vegetarisch C | 395 | 94 | 2.686 | 336,5 | 13.66 | 10.92 | 1.645 | 2.405 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Gemüseboulette B | 438 | 105 | 4.807 | 690,0 | 12.00 | 3.375 | 3.300 | 825,0 | |
| | Brokkoligemüse C | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Kräuterdip B | 398 | 95 | 4.690 | 3.107 | 4.188 | 3.953 | 8.794 | 999,8 | |
| | Rindergeschnetzeltes Stroganoff Art B | 1.279 | 307 | 21.00 | 6.621 | 6.932 | 2.554 | 22.08 | 2.207 | |
| | Risi Bisi B | 899 | 213 | 4.333 | 460,9 | 38.28 | 1.200 | 4.774 | 5.372 | |
| | Milchreis B | 2.688 | 641 | 22.00 | 10.78 | 91.33 | 47.59 | 18.53 | 586,1 | |
| | Zimt & Zucker B | 136 | 32 | 40,0 | 8,0 | 7.920 | 7.920 | 40,0 | 0,0 | |
| | Apfelmus A | 299 | 71 | 50,0 | 50,0 | 16.15 | 14.65 | 250,0 | 10,0 | |
| | Rindergeschnetzeltes Stroganoff Art B | 1.279 | 307 | 21.00 | 6.621 | 6.932 | 2.554 | 22.08 | 2.207 | |
| | Risi Bisi B | 899 | 213 | 4.333 | 460,9 | 38.28 | 1.200 | 4.774 | 5.372 | |
| | Rindergeschnetzeltes Stroganoff Art B | 1.279 | 307 | 21.00 | 6.621 | 6.932 | 2.554 | 22.08 | 2.207 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---------------------------------------------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 27.09.2022 | | | | | | | | | | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Seelachs passiert B | 766 | 187 | 12.39 | 7.093 | 3.769 | 2.051 | 14.97 | 1.308 | |
| | helle Soße Diät B | 555 | 135 | 10.47 | 7.020 | 9.003 | 952,4 | 1.111, | 1.158 | |
| | 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 | |
| | Apfelmus Dessert | 299 | 71 | 50,0 | 50,0 | 16.15 | 14.65 | 250,0 | 10,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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 | |
| | Apfelmus Dessert | 299 | 71 | 50,0 | 50,0 | 16.15 | 14.65 | 250,0 | 10,0 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

28.09.2022

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|--------------------------------------|---------|-------------|--------|--------|------------|---------|------------|---------|-----------|
| 28.09.2022 | Hähnchenbrust gebraten B | 526 | 126 | 3.200 | 900,0 | 1.375 | 550,0 | 22.75 | 1.375 | |
| | Mascarpone-Bärlauch-Soße für Huhn B | 1.017 | 246 | 23.68 | 14.44 | 4.833 | 3.146 | 3.303 | 947,8 | |
| | Fingermöhren B | 322 | 77 | 2.353 | 229,5 | 10.71 | 10.22 | 1.034 | 1.405 | |
| | Kräuterreis B | 1.103 | 261 | 5.765 | 605,3 | 47.29 | 673,4 | 4.486 | 3.606 | |
| | mit Apfel gefüllter Eierkuchen C | 12.82 | 3.040 | 60.00 | 18.00 | 496.0 | 240.0 | 104.0 | 6.000 | |
| | Vanillesoße A | 1.031 | 247 | 14.80 | 9.900 | 23.63 | 17.35 | 5.434 | 289,1 | |
| | Chili sin carne B | 1.352 | 323 | 10.09 | 1.210 | 41.15 | 14.26 | 12.59 | 3.119, | |
| | Currywurst B | 1.506 | 365 | 34.53 | 10.31 | 300,0 | 300,0 | 13.10 | 1.700 | |
| | Tomaten-Curry-Soße B | 328 | 78 | 1.865 | 1.127 | 13.42 | 11.29 | 1.208 | 1.679 | |
| | Cole Slaw B | 875 | 211 | 18.34 | 1.716 | 9.262 | 7.722 | 1.188 | 1.166 | |
| | Kartoffeldreiecke B | 1.615 | 385 | 19.76 | 1.998 | 45.60 | 2.520 | 4.200 | 1.840 | |
| | Boeuf Bourguignon B | 1.464 | 351 | 18.57 | 7.661 | 13.77 | 3.320 | 31.49 | 3.510 | |
| | Fingermöhren B | 322 | 77 | 2.353 | 229,5 | 10.71 | 10.22 | 1.034 | 1.405 | |
| | Eierknöpfli B | 1.047 | 248 | 4.725 | 1.050 | 42.15 | 525,0 | 8.625 | 1.492 | |
| | Hähnchenbrust Diät B | 526 | 126 | 3.200 | 900,0 | 1.375 | 550,0 | 22.75 | 1.375 | |
| | Bratensoße Diät B | 406 | 97 | 5.428 | 2.450 | 10.44 | 1.636 | 1.458 | 1.692 | |
| | Blattsalat m.EssigÖl Dress.Tablett A | 67 | 16 | 45,0 | 45,0 | 3.110, | 2.490 | 290,0 | 870,0 | |
| | Kräuterreis B | 1.103 | 261 | 5.765 | 605,3 | 47.29 | 673,4 | 4.486 | 3.606 | |
| | Chili sin carne B | 1.352 | 323 | 10.09 | 1.210 | 41.15 | 14.26 | 12.59 | 3.119, | |
| | Hähnchen passiert B | 860 | 209 | 12.68 | 6.835 | 5.622 | 2.577 | 17.99 | 1.822 | |
| | Bratensoße Diät B | 406 | 97 | 5.428 | 2.450 | 10.44 | 1.636 | 1.458 | 1.692 | |
| | Möhrengemüse passiert B | 412 | 102 | 4.711, | 1.647 | 7.783 | 4.944 | 6.096 | 1.527 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Vanillepudding Becher | 561 | 134 | 3.750 | 2.500 | 21.25 | 20.00 | 3.625 | 125,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|---------------------------------------------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 28.09.2022 | | | | | | | | | | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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 | |
| | Vanillepudding Becher | 561 | 134 | 3.750 | 2.500 | 21.25 | 20.00 | 3.625 | 125,0 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

29.09.2022

| | | | | | | | | | | |
|--|----------------------------------------|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | Möhren-Kartoffel-Eintopf vegetarisch B | 1.057 | 253 | 9.034 | 2.626 | 36.42 | 15.86 | 4.242 | 3.387 | |
| | Fleischklopse B | 1.153 | 278 | 21.60 | 8.320 | 7.600 | 520,0 | 13.20 | 1.800 | |
| | Meerrettichsoße für Klopse B | 300 | 72 | 5.490 | 3.073 | 4.643 | 2.251 | 711,1 | 1.633 | |
| | Grünes Bohnengemüse B | 279 | 67 | 2.076 | 295,3 | 6.908 | 3.863 | 3.092 | 130,5 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | vegetarische Kohlroulade B | 871 | 208 | 7.700 | 2.053 | 18.04 | 6.306 | 13.71 | 1.723 | |
| | Kümmelsoße vegetarisch B | 352 | 84 | 3.343 | 2.263 | 11.48 | 1.972 | 1.704 | 2.306 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | gedünstetes Fischfilet B | 496 | 118 | 2.475 | 521,5 | 56,5 | 41,0 | 23.79 | 2.241 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---------------------------------------------|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 29.09.2022 | Kräuter-Kapernsauce C | 395 | 95 | 6.692 | 4.470 | 6.983 | 2.225 | 1.298 | 2.241 | |
| | Gemüsereis B | 670 | 158 | 1.650 | 235,4 | 31.68 | 1.565 | 3.303 | 1.583 | |
| | Bauernfrühstück mit Schinken B | 2.638 | 633 | 37.83 | 8.892 | 39.13 | 6.275 | 31.99 | 3.595 | |
| | Gewürzgurke B | 53 | 13 | 150,0 | 100,0 | 1.400 | 1.050 | 500,0 | 950,0 | |
| | Paprikadip B | 300 | 78 | 4.171 | 2.784 | 3.604 | 3.556 | 6.258 | 1.285 | |
| | Bauernfrühstück mit Schinken B | 2.638 | 633 | 37.83 | 8.892 | 39.13 | 6.275 | 31.99 | 3.595 | |
| | Gewürzgurke abend | 53 | 13 | 150,0 | 100,0 | 1.400 | 1.050 | 500,0 | 950,0 | |
| | Paprikadip B | 300 | 78 | 4.171 | 2.784 | 3.604 | 3.556 | 6.258 | 1.285 | |
| | Bauernfrühstück mit Schinken B | 2.638 | 633 | 37.83 | 8.892 | 39.13 | 6.275 | 31.99 | 3.595 | |
| | Gewürzgurke B | 53 | 13 | 150,0 | 100,0 | 1.400 | 1.050 | 500,0 | 950,0 | |
| | Geflügelboulette passiert A | 1.174 | 282 | 20.78 | 10.04 | 7.263 | 2.598 | 13.79 | 2.135 | |
| | Tomatensoße Diät B | 312 | 74 | 2.931 | 1.105 | 9.895 | 7.864 | 1.652 | 3.647 | |
| | Bohnen passiert B | 564 | 138 | 7.972 | 3.873 | 7.430 | 3.025 | 8.045 | 960,4 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | Kirschjoghurt A | 419 | 99 | 2.900 | 1.933 | 15.06 | 13.50 | 2.900 | 113,3 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------------------|------------------------------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 29.09.2022 | | | | | | | | | | |
| | 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 | |
| | Kirschjoghurt A | 419 | 99 | 2.900 | 1.933 | 15.06 | 13.50 | 2.900 | 113,3 | |
| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |

30.09.2022

| | | | | | | | | | | |
|--|--------------------------------------------|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | Hähnchensteak A | 526 | 126 | 3.200 | 900,0 | 1.375 | 550,0 | 22.75 | 1.375 | |
| | Kräutersoße für Geflügel B | 320 | 77 | 6.597 | 4.239 | 3.733 | 849,6 | 636,9 | 1.031 | |
| | Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Bolognese B | 1.038 | 247 | 12.38 | 5.665 | 13.74 | 10.28 | 18.93 | 3.386 | |
| | Spirelli B | 1.660 | 392 | 3.835 | 705,5 | 74.55 | 3.255 | 13.12 | 6.241 | |
| | geriebener Käse A Tablett | 200 | 48 | 3.300 | 2.250 | 30,0 | 0,0 | 4.450 | 340,0 | |
| | vegane Eblypfanne B | 1.398 | 330 | 2.390 | 365,4 | 59.41 | 6.724 | 13.35 | 1.240 | |
| | Frischkäse-Basilikumsoße vegetarisch B | 378 | 91 | 8.345 | 5.506 | 2.818 | 1.012 | 1.160 | 1.034 | |
| | Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Brathering B | 970 | 233 | 16.40 | 3.400 | 4.950 | 4.150 | 15.70 | 2.100 | |
| | Zwiebel-Garnitur B | 170 | 41 | 2.591 | 239,7 | 3.770 | 3.644 | 409,9 | 244,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffel-Blumenkohl-Auflauf vegetarisch B | 1.575 | 377 | 19.99 | 5.396 | 35.30 | 8.461 | 11.64 | 4.569 | |
| | Kerbelsoße vegetarisch B | 361 | 87 | 7.109 | 4.690 | 4.775 | 1.026 | 907,6 | 1.376 | |
| | Hähnchenbrust Diät B | 526 | 126 | 3.200 | 900,0 | 1.375 | 550,0 | 22.75 | 1.375 | |
| | Bratensoße Diät B | 406 | 97 | 5.428 | 2.450 | 10.44 | 1.636 | 1.458 | 1.692 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---------------------------------------------|---------|-------------|-------|--------|------------|---------|------------|---------|-----------|
| 30.09.2022 | | | | | | | | | | |
| | Hähnchenbrust Diät B | 526 | 126 | 3.200 | 900,0 | 1.375 | 550,0 | 22.75 | 1.375 | |
| | Bratensoße Diät B | 406 | 97 | 5.428 | 2.450 | 10.44 | 1.636 | 1.458 | 1.692 | |
| | Brokkoligemüse B | 264 | 64 | 2.260 | 223,8 | 3.463 | 2.616 | 4.951 | 1.080 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Hähnchen passiert B | 860 | 209 | 12.68 | 6.835 | 5.622 | 2.577 | 17.99 | 1.822 | |
| | helle Soße Diät B | 555 | 135 | 10.47 | 7.020 | 9.003 | 952,4 | 1.111, | 1.158 | |
| | 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 | |
| | Erdbeerquark Becher | 428 | 102 | 3.230 | 2.125 | 12.75 | 11.90 | 5.270 | 110,5 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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 | |
| | Erdbeerquark Becher | 428 | 102 | 3.230 | 2.125 | 12.75 | 11.90 | 5.270 | 110,5 | |
| | Banane Stück | 469 | 113 | 237,5 | 98,1 | 25.01 | 21.60 | 1.468 | 3,8 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---------------------------------------------|------------|----------------|-------|-----------|---------------|------------|---------------|------------|--------------|
| 01.10.2022 | Pastinaken-Bohneeint.m.Rindfl. B | 1.138 | 272 | 9.006 | 4.656 | 29.38 | 7.857 | 14.98 | 1.016 | |
| | Maultaschen mit Schweinefleisch B | 2.004 | 478 | 16.89 | 6.336 | 55.44 | 4.752 | 22.96 | 0,0 | |
| | Gemüsebett in Brühe B | 165 | 40 | 288,9 | 24,4 | 6.488 | 5.035 | 1.504 | 1.707 | |
| | vegetarische Hirtentasche B | 8.296 | 1.979 | 120.9 | 47.09 | 130.0 | 10.00 | 98.00 | 14.00 | |
| | Kräutersoße Dill vegetarisch B | 297 | 72 | 5.764 | 3.773 | 4.101 | 1.033 | 727,4 | 1.448 | |
| | Balkangemüse B | 296 | 71 | 2.553 | 279,5 | 7.868 | 4.175 | 2.384 | 689,6 | |
| | Linsenbett B | 880 | 210 | 8.070 | 686,2 | 21.68 | 1.690 | 9.526 | 2.756 | |
| | Erbseneintopf mit Kasseler B | 1.862 | 441 | 9.399 | 3.570 | 58.09 | 5.205 | 26.59 | 4.902 | |
| | Kartoffelpuffer C | 2.033 | 484 | 22.84 | 6.068 | 59.79 | 5.111, | 8.571 | 2.786 | |
| | Apfelmus A | 299 | 71 | 50,0 | 50,0 | 16.15 | 14.65 | 250,0 | 10,0 | |
| | Pastinaken-Bohneeint.m.Rindfl. B | 1.138 | 272 | 9.006 | 4.656 | 29.38 | 7.857 | 14.98 | 1.016 | |
| | Pastinaken-Bohneeint.m.Rindfl. B | 1.138 | 272 | 9.006 | 4.656 | 29.38 | 7.857 | 14.98 | 1.016 | |
| | Pastinaken-Bohneeint.pass B | 761 | 181 | 1.155 | 381,5 | 33.16 | 8.493 | 5.876 | 1.000 | |
| | Götterspeise mit Vanillesoße | 525 | 125 | 1.950 | 1.350 | 24.20 | 19.65 | 2.300 | 180,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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) |
|-------|----------|---------|-------------|-------|--------|-------------|---------|------------|---------|-----------|
|-------|----------|---------|-------------|-------|--------|-------------|---------|------------|---------|-----------|

01.10.2022

| | | | | | | | | | | |
|--|------------------------------|-----|-----|-------|-------|-------|-------|-------|-------|--|
| | 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 | |
| | Götterspeise mit Vanillesoße | 525 | 125 | 1.950 | 1.350 | 24.20 | 19.65 | 2.300 | 180,0 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|-------|----------|---------|-------------|-------|--------|-------------|---------|------------|---------|-----------|
|-------|----------|---------|-------------|-------|--------|-------------|---------|------------|---------|-----------|

02.10.2022

| | | | | | | | | | | |
|--|--------------------------------|-------|-----|-------|-------|-------|-------|-------|-------|--|
| | Cordon Bleu vom Schwein B | 1.487 | 356 | 19.48 | 4.303 | 20.80 | 1.280 | 24.00 | 2.080 | |
| | Soße für Cordon Bleu B | 290 | 70 | 4.733 | 2.762 | 5.821 | 479,6 | 891,1 | 1.409 | |
| | Erbsengemüse B | 321 | 77 | 1.081 | 317,1 | 10.68 | 5.214 | 5.775 | 1.587 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kaninchenbraten C | 934 | 223 | 10.48 | 3.484 | 4.732 | 4.454 | 27.32 | 1.581 | |
| | Soße für Kaninchenbraten C | 330 | 80 | 6.242 | 4.124 | 5.096 | 593,2 | 706,7 | 283,6 | |
| | Pariser Möhren B | 290 | 69 | 2.075 | 231,7 | 10.12 | 8.122 | 833,3 | 991,9 | |
| | Kräuterpüree A | 332 | 79 | 1.383 | 846,3 | 12.87 | 1.617 | 2.262 | 890,8 | |
| | Vanillegrießbrei B | 2.669 | 638 | 25.00 | 10.88 | 82.55 | 55.11 | 19.32 | 623,6 | |
| | Pfirsichsoße B | 358 | 84 | 114,3 | 7,6 | 19.80 | 19.00 | 285,7 | 1,9 | |
| | Schweineroulade B | 1.136 | 273 | 18.00 | 6.150 | 4.500 | 1.050 | 21.00 | 2.550 | |
| | Soße für Schweineroulade B | 236 | 57 | 3.562 | 2.417 | 5.075 | 746,8 | 849,5 | 3.658 | |
| | Rosenkohl B | 321 | 77 | 2.743 | 506,4 | 4.759 | 3.954 | 5.251 | 1.507 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | vegetarische Cannelonni Band B | 1.211 | 286 | 4.640 | 2.720 | 47.20 | 4.320 | 13.92 | 1.760 | |
| | rauchiges Paprikasugo B | 584 | 140 | 5.981 | 1.487 | 16.60 | 14.67 | 2.232 | 2.107 | |
| | Kaninchenbraten C | 934 | 223 | 10.48 | 3.484 | 4.732 | 4.454 | 27.32 | 1.581 | |
| | Soße für Kaninchenbraten C | 330 | 80 | 6.242 | 4.124 | 5.096 | 593,2 | 706,7 | 283,6 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Pariser Möhren B | 290 | 69 | 2.075 | 231,7 | 10.12 | 8.122 | 833,3 | 991,9 | |
| | Kaninchenbraten C | 934 | 223 | 10.48 | 3.484 | 4.732 | 4.454 | 27.32 | 1.581 | |

| Datum | Rezeptur | kJ (kJ) | kcal (kcal) | BE() | F (mg) | ges. FS(m) | KH (mg) | Zuck er(m) | EW (mg) | Salz (mg) |
|------------|---------------------------------------------|------------|----------------|-------|-----------|----------------|------------|---------------|------------|--------------|
| 02.10.2022 | Soße für Kaninchenbraten C | 330 | 80 | 6.242 | 4.124 | 5.096 | 593,2 | 706,7 | 283,6 | |
| | Pariser Möhren B | 290 | 69 | 2.075 | 231,7 | 10.12 | 8.122 | 833,3 | 991,9 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Vanillegrießbrei B | 2.669 | 638 | 25.00 | 10.88 | 82.55 | 55.11 | 19.32 | 623,6 | |
| | Karamellpudding Becher | 466 | 111 | 3.000 | 2.000 | 18.00 | 17.00 | 2.900 | 100,0 | |
| | Fruchtjoghurt passiert Stück | 362 | 86 | 2.900 | 2.000 | 11.80 | 11.30 | 3.200 | 50,0 | |
| | Kartoffeln B | 695 | 161 | 3.650 | 450,0 | 28.02 | 1.625 | 3.225 | 1.037 | |
| | Kartoffelpüree A | 329 | 79 | 1.376 | 844,8 | 12.80 | 1.612 | 2.208 | 691,2 | |
| | bunter Salatteller mit Hirtekäse MMT | 1.029 | 247 | 16.62 | 11.01 | 6.473 | 6.022 | 17.07 | 2.414 | |
| | 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 | 681 | 161 | 3.768 | 904,8 | 6.686 | 6.155 | 23.87 | 760,9 | |
| | 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 | 934 | 224 | 15.29 | 8.002 | 6.926 | 6.475 | 13.28 | 1.030 | |
| | 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 | 770 | 183 | 7.168 | 1.144 | 6.266 | 5.735 | 22.75 | 780,9 | |
| | 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 | |
| | Karamellpudding Becher | 466 | 111 | 3.000 | 2.000 | 18.00 | 17.00 | 2.900 | 100,0 | |