

# MENU





# Enjoy your meal!



## Dear Patient,

In addition to optimal medical treatment, we also offer you balanced meals based on the latest nutritional and physiological findings.

We have put together a varied selection of dishes for you for breakfast, lunch and dinner, which will spoil you with culinary delights.

An authentic taste and exquisite spices without additives are the hallmarks of our dishes. We do without flavour enhancers, preservatives (with the exception of nitrite curing salt) and artificial colours and flavours in our lunch menus.

Choose your every-day meals from this menu individually according to your taste and preferences.

Enjoy your meal and get well soon!



# Breakfast

## Arrangements

### The classic

Turkey "Bierschinken" ham, butter cheese, jam (2, 3, 8, g)

### Sweet breakfast

Croissant, 2 different types of jams, honey, nut nougat cream (aa, c, g, hg)

### Cheese breakfast

Butter cheese, Emmental cheese, cream cheese, processed cheese (g)

### Fitness breakfast

Turkey "Bierschinken" ham, cream cheese, honey, portion of muesli (2, 3, 5, 8, 13, aa, ab, ac, ad, ae, g)

Select rolls and bread with it.

## Baked goods

Rolls (aa, g)  
Multigrain rolls (aa, ab, ad, f, k)  
Rye rolls (aa, ab, g)  
Wholemeal bread (aa, ab)  
Multi-grain bread (aa, ab, ad, k)  
Mixed wheat and rye bread (aa, ab)  
White bread (aa, ab)  
Crispbread (aa, ab, ac, g, k)  
Rusk (aa)

## Spread

Butter (g)  
Diet margarine (1)  
Jam, honey  
Nut nougat cream (g, hb)  
Natural quark (g)

## A selection of sausages

Turkey "Bierschinken" ham (2, 3, 8, 13)  
Chicken liver sausage (2, 3, 16)  
"Teewurst" sausage (2, 3, 13, 101)  
Sliced "Kassler" gammon (2, 3, 8, 13, 101)  
Cooked ham (2, 3, 8, 13, 101)  
Chicken "Mettwurst" sausage (1, 2, 3, 13)

## A selection of cheeses

Butter cheese (g), Emmental cheese (g), cream cheese (g), processed cheese (g)

## Extras

Yoghurt with fruit (g), natural yoghurt (g), seasonal fruit,  
Muesli (2, 5, aa, ab, ac, ad, ae, g),  
Cornflakes (ac), boiled egg (c) (Sundays only)

## Beverages

Ground coffee, decaffeinated coffee, black tea, peppermint tea, chamomile tea, fruit tea, fennel tea, cold/warm milk (g), cold/warm cocoa (g)





# Lunch

## Beef

**Menu 1:** Whole foods

### "Hungarian style" goulash soup

Spicy goulash soup with beef, sweet peppers and potato cubes (17, a, a1, i, j)

**Menu 2:** Whole foods

### Rigatoni al forno

Rigatoni in a fine spicy vegetable ground beef sauce, baked with grated Gouda cheese (a, a1, g, i)

## Pork

**Menu 3:** Whole foods

### Spicy beefburger

garnished with peppers and royal peas curly noodles (a, a1, c, i, 17)

**Menu 4:** Light whole foods

### Königsberger Klopse (meatballs)

in a fine caper sauce, with carrots and mashed potatoes (a, a1, c, g, i)

## Poultry

**Menu 5:** Light whole foods

### Spinach & tomato chicken breast fillet

in leaf spinach cheese sauce with tomatoes, served with boiled potatoes (g)

**Menu 6:** Light whole foods

### Chicken fricassee

in a fine sauce with mushrooms, carrots and long grain rice (g)

## Fish

**Menu 7:** Whole foods

### "Poseidon" saithe

breaded, in fillet form, with vegetable Béchamel potatoes (a, a1, c, d, g, i, j)

**Menu 8:** Light whole foods

### Fish fillet alla Italiano

Alaska salmon fillet in vegetable cream sauce, flavoured with saffron, with carrot rice (d, g, i)



# Lunch

## Vegetarian

**Menu 9:** Whole foods

### "Pesto Rosso" pasta dish

Orecchiette noodles with courgette and pepper cubes, fruity cherry tomatoes and spring onions, in red pesto (a1, h1)

**Menu 10:** Whole foods

### "Gardener" omelette

filled with light sauce, broccoli and carrots, herbal mashed potatoes (a, a1, c, g)

**Menu 11:** Light whole foods

### Spinach potato casserole

baked with sesame and Gouda cheese (a, a1, g, k)

## Vegan

**Menu 12:** Light whole foods

### Spaghetti alla Napoli

with fruity tomato sauce (a, a1)

**Menu 13:** Whole foods

### Freekeh risotto

regional speciality with cooked green spelt, fruity tomato sauce, peas, pepper cubes, onions and leeks (a, a1, a5)

## Dessert

**Menu 14:** Light whole foods

### Rice pudding

rice, finely sprinkled with cinnamon, with fruity sour cherries (g)

## Soups

**Menu 15:** Light whole foods

### Colourful vegetable stew

with potato cubes, broccoli, carrots, Cabbage, cauliflower and celery (i)

## Our choice of components:

### Main components

- Turkey breast strips in fruity sauce
- beef goulash in sauce
- Scrambled eggs (c)

### Vegetables

- Baby carrots
- Creamed spinach (g, i)
- Broccoli florets

### Sides

- Potatoes
- Mashed potato
- Pasta (a, a1)
- Long-grain rice

### Sauces

- Brown sauce (i)
- Bright sauce (g)
- Tomato sauce





# Dinner

## Arrangements

### The classic

Turkey "Jagdwurst" hunting sausage,  
Gouda, processed cheese (2, 3, 8, g, hg)

### Cheese platter

Gouda, Tilsiter, Camembert, processed  
cheese (g)

### Snack plate

Cooked ham, crispy roast, Mettwurst sau-  
sage, chicken liver sausage (1, 2, 3, 8, 13,  
16, 101)

### Fitness platter

Cooked ham, Gouda, vegetarian  
pâté, herb quark,  
Vegetable snack (1, 2, 3, 8, 13, 101, f, g)

Select bread with it.

## Baked goods

Wholemeal bread (aa, ab)  
Fitness bread (aa, ab, ad, k)  
Brown bread (aa, ab)  
White bread (aa, ab)  
Crispbread (aa, ab, ac, g, k)  
Rusk (aa)

## Beverages

Ground coffee, decaffeinated coffee  
Black tea, peppermint tea, chamomile tea, fruit tea, fennel tea  
Cold/warm milk (g), cold/warm cocoa (g)

## Spread

Butter (g)  
Diet margarine (1)  
Jam, honey  
Natural quark (g), herb quark (g)  
vegetarian pâté (1, f)

## A selection of sausages

Turkey "Jagdwurst" hunting sausage with  
pistachios (2, 3, 8, hg)  
Chicken liver sausage (2, 3, 16)  
"Teewurst" sausage (2, 3, 13, 101)  
Crispy roast (2, 3, 8, 101)  
Cooked ham (2, 3, 8, 13, 101)  
Chicken "Mettwurst" sausage (1, 2, 3, 13)

## A selection of cheeses

Gouda (g), Tilsiter (g), Camembert (g),  
cream cheese (g), processed cheese (g)

## Extras

Yoghurt with fruit (g), natural yoghurt (g),  
Seasonal fruit

### Various changing evening extras:

Herring fillet in tomato sauce (9, 10, d, j),  
Red herring salad (2, c, d, i, j),  
Chicken salad (2, 10, 16, c, f, i),  
Egg salad (2, c, f, j), tuna salad (2, c, d)



## Important information regarding our dishes

### Allergen labelling

(a)	Cereals containing gluten
aa	Wheat
ab	Rye
ac	Barley
ad	Oats
ae	Spelt
af	Kamut
b	Crustaceans
c	Eggs
d	Fish
e	Peanuts
f	Soy
g	Milk (including lactose)
(h)	Nuts
ha	Almonds
hb	Hazelnuts
hc	Walnuts
hd	Cashew nuts
he	Pecan nuts
hf	Brazil nuts
hg	Pistachios
hh	Macadamia nuts
i	Celery
j	Mustard
k	Sesame
l	Sulphite/sulphur dioxide
m	Lupin
n	Contains molluscs

### Declarable additives

1	With colouring agent
2	With preservative
3	With antioxidant
4	With flavour enhancer
5	Sulphurated
7	With nitrite curing salt
8	With phosphate
9	With sweetener
10	With a type of sugar and sweetener
13	Packaged in a protective atmosphere
16	With chicken meat content
101	With pork and pork gelatine





Our menu in other languages:



(german)



(polish)



(czech)

