**Woche 48**

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| Montag, 23 November |
| Kohlenhydrate | Vegi | Sauce | Gemüse | Salat | Dessert |
| **Cousous** | **Falafelkugeln** | **Kräuterdip** | **Brokkoli** |  |  |
|  |  | laktose |  |  |  |

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| Dienstag, 24 November |
| Kohlenhydrate | Vegi | Sauce | Gemüse | Salat | Dessert |
| **Makkaroni** | **Bio Vegigeschnetzeltes** | **Rahmsauce** | **Bohnen** |  | **Brownies** |
| gluten | gluten / laktose | laktose |  |  | gluten / laktose |

|  |
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| Mittwoch, 25 November |
| Kohlenhydrate | Fleisch | Vegi | Gemüse | Salat | Dessert |
| **Spätzle** | **Schinkenstreifen** | **Sojawürfel** | **Maiskolben** |  |  |
| gluten |  |  |  |  |  |

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| Donnerstag, 26 November |
| Kohlenhydrate | Fleisch | Vegi | Sauce | Salat | Dessert |
| **Reis** | **Pouletnuggets** | **Veginuggets** | **Curry-Dip** | **Gurkensalat** |  |
|  | gluten | gluten | laktose |  |  |

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| Freitag, 27 November |
| Kohlenhydrate | Vegi | Sauce | Gmüse | Salat | Dessert |
| **Naan-Brot** | **Indisches Dal Makhani** | **Joghurt-Dip** | **Spinat** | **Cole Slaw** | **Guetsli** |
|  | laktose | laktose |  |  | gluten / laktose |

 Menu & More