**Woche 49**

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| Montag, 30 November | | | | | |
| Kohlenhydrate | Fleisch | Vegi | Sauce | Salat | Dessert |
| **Bio-Hörnli** | **Gehacktes** | **Sojagehaktes** | **Apfelmus / Reibkäse** | **Rüeblisalat** | **Miniberliner** |
| gluten |  |  |  |  |  |

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| Dienstag, 1 Dezember | | | | | |
| Kohlenhydrate | Fleisch | Vegi | Sauce | Gemüse | Dessert |
| **Dill-Kartoffeln** | **Fisch im Kartoffelmantel** | **Sojablätzli** | **Zitronen-Quark-Mayonnaise** | **Fenchel** |  |
|  | gluten |  | laktose |  |  |

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| Mittwoch, 2. Dezember | | | | | |
|  |  |  |  |  | Gemüse |
| **Omletten mit Bolognesesauce, Käse , Zimt und Zucker, Apfelmus** | | | | | **Brokkoli** |
| gluten / laktose |  |  |  |  |  |

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| Donnerstag, 3 Dezember | | | | | |
| Kohlenhydrate | Fleisch | Vegi | Salat |  | Dessert |
| **Reis** | **Pouletcurry** | **Quorncurry** | **Papayasalat** |  | **Apfelstreuselkuchen** |
|  |  |  |  |  | gluten / laktose |

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| Dienstag, 4. Dezember | | | | | |
| Kohlenhydrate | | | Sauce | Gemüse | Dessert |
| **Vegi-Ravioli** | | | **Salbeibutter und Reibkäse** | **Maiskolben** |  |
| gluten |  |  | laktose |  |  |

Menu & More