

## Liste allergener Stoffe

Stand: 13.08.2022

|                                     |            |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
|-------------------------------------|------------|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|---|
| Ampelsalat                          |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Apfel                               |            |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Apfel-Rotkohl                       | W          | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Apfelkompott                        |            |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Apfelkompott mit Joghurtsauce       |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Asia Geflügelgeschnetzeltes         |            | ✓ | ✓ | ✓ | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |   |
| Asiatische Gemüsesauce              |            |   | ✓ | ✓ | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |   |
| Backfischfilet                      | W          |   | ✓ | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Baguette                            | W, R       |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Banane                              |            |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Blumenkohl-Käsetaler                | W          | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Blumenkohlgratin                    | W          | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Bratkartoffeln                      |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Broccoligemüse                      |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Bunte Gartengemüse                  |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Bunte Gartensalate                  |            | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Californische Putenpfanne           | W          | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Chickenburger im Mehrkornbrötchen   | W, R, G, H | ✓ | ✓ |   |   |   | ✓ |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ | ✓ |
| Ciabattabrot                        | W, R       |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Coleslaw-Salat                      |            | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Eieromelett mit Fetakäse und Spinat | W          | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Eierpfannkuchen                     | W          | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Eisberg-Mix-Salat                   |            | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Eisbergsalat                        |            | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Elsässer Flammkuchen                | W          | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Erbsen mit Möhrchen                 |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Erbseneintopf                       | W          |   |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Erdbeer-Quarkspeise                 |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Erdbeerwölkchen                     |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Farmersalat                         |            | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Fingermörchen                       |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Fischburger mit Dillsauce           | W          | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |
| Fischstäbchen                       | W          |   | ✓ | ✓ |   | ✓ |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |   |
| Fitnessgemüse                       |            | ✓ |   |   | ✓ | ✓ |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Fladenbrot                          | W          |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Frisches Obst der Saison            |            |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Früchtejoghurt                      |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Früchtequark                        |            | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Frühlingsgemüse mit Käsesauce       | W          | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   | ✓ |
| Geflügel Hot-Dog                    | W          | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |
| Geflügel-Currywurst in Sauce        | W          | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |
| Geflügel-Köttbullar in Sauce        | W          | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   | ✓ |   |
| Geflügel-Lasagne                    | W          | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |  |   |   |   |

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|---|------|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|---|---|---|
| gemischter Salat                        |      | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Gemüse-Frischkäse-Pfanne                | W    | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Gemüse-Maultaschen                      | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Gemüse-Rindfleisch-Frikadelle           |      |   | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   | ✓ |   |
| Gemüsedonuts                            | W    | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Gemüsefrikadelle                        | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  | ✓ |   |   |
| Gemüsepommes                            |      |   |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Großer Salatteller mit Kräuterdressing  |      | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Gurkensalat mit Topping                 |      | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Gyros-Rahmsuppe mit Gemüseeinlage       | W    | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hackfleisch (Geflügel) - Lauch - Suppe  | W    | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hähnchen Cordon Bleu                    | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   | ✓ |   |
| Hähnchenbrust süß-sauer                 | W    | ✓ | ✓ |   | ✓ | ✓ | ✓ |  |  |  |  |  |  |  |  |  | ✓ |   | ✓ |
| Hähnchengyros-Rahmpfanne                | W    | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hähnchenmedaillons in Kräutersauce      | W    | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hähnchennuggets                         | W    |   | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hähnchenschnitzel Wiener Art            | W    |   | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hähnchensteaks mit Kräuterbutter        |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Hamburger XXL                           | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   | ✓ | ✓ |
| Italienische Gemüse-Minestrone          | W, G | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Jägerbraten in Pilzrahmsauce            | W    | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   | ✓ |   |
| Joghurt mit Pflaumenkompott             |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kaiserschmarrn                          | W    | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Karotten-Gurken-Salat                   |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kartoffelgratin                         | W    | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kartoffelklöße                          | W    | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kartoffelpüree                          |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kartoffelsuppe mit Gemüsestreifen       |      | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kartoffelwedges                         |      |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Käse-Gemüse-Sauce                       | W    | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Käse-Kräuter-Sauce                      | W    | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Käse-Lauch-Suppe                        | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Käsesauce                               | W    | ✓ | ✓ |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Klare Geflügelsuppe mit Reis und Gemüse | W, G |   | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kohlrabi                                |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Köttbullar in Sauce                     | W    | ✓ | ✓ |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Kräuterdipp                             |      | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Kräuterkartoffeln                       |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Kräuterquark                            |      | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   | ✓ |
| Krautsalat                              |      | ✓ |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Lachs-Dill-Sauce                        | W    | ✓ |   | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Lachslasagne                            | W    | ✓ | ✓ | ✓ | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Leinsamen Topping                       |      |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |   |   |   |
| Linseneintopf                           |      | ✓ |   |   | ✓ |   |   |  |  |  |  |  |  |  |  |  |   |   |   |

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|--------------------------------------|------|---|---|--|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|---|
| Makkaroni                            | W    |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Mandarinenjoghurt                    |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Mediterraner Nudelaufbau             | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Mini-Curry-Frikadellen (Geflügel)    | W    | ✓ | ✓ |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Mischsalat mit Topping               |      | ✓ | ✓ |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Obst der Saison                      |      |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Paprika-Lauch-Sauce                  | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Parboiledreis                        |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Pellkartoffeln                       |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Penne Rigate Nudeln                  | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Petersilienkartoffeln                |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Pizza Margarita                      | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Puten-Rahmgeschnetzeltes             | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Putenbraten in Pilzrahmsauce         | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Putenschmorbraten in Sauce           | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rahmspinat                           |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Raspelkäse                           |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Rinder-Cevapcici                     | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rinder-Hacksteak in Sauce            | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rindergulasch                        | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rindergulaschsuppe mit Gemüseeinlage | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rindfleisch-Lasagne                  | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Rohkostsalat                         |      | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Rohkoststreifen                      |      |   |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Rohkoststreifen mit Joghurtdipps     |      | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Rührei                               |      | ✓ | ✓ |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Salzburger Topfencreme               |      | ✓ | ✓ |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Salzkartoffeln                       |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Sauerrahmdipp                        |      | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Schokoladenpudding                   |      | ✓ | ✓ |  |   | ✓ | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Schwäbische Spätzle                  | W    |   | ✓ |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Schwenkkartoffelchen                 | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Sesambrötchen                        | W, D | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   | ✓ |
| Smartie Vanillecreme                 |      | ✓ | ✓ |  |   | ✓ | ✓ | ✓ |  |  |  |  |  |  |  |  |  |  | ✓ |   |
| Sonnenblumenkern-Topping             |      |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spaghetti                            | W    |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spaghetti Bolognese (Geflügel)       | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spaghetti mit Tomatensauce           | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spätzle                              | W    |   | ✓ |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spinatlasagne                        | W    | ✓ |   |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Spiralnudeln                         | W    | ✓ |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Steinofenbaguette                    | W, R |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Suppenbrötchen                       | W, R |   |   |  |   |   |   |   |  |  |  |  |  |  |  |  |  |  |   |   |
| Thai-Reis                            |      | ✓ | ✓ |  | ✓ |   |   |   |  |  |  |  |  |  |  |  |  |  | ✓ | ✓ |

Gluten  
 W = Weizen  
 R = Roggen  
 G = Gerste  
 H = Hafer  
 D = Dinkel

Laktose  
 Eier  
 Fisch  
 Sellerie  
 Erdnüsse  
 Mandeln  
 Haselnüsse  
 Walnüsse  
 Soja  
 Senf  
 Sesam

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|  |               | Laktose | Eier | Fisch | Sellerie | Erdnüsse | Mandeln | Haselnüsse | Walnüsse | Soja | Senf | Sesam |
|--|---------------|---------|------|-------|----------|----------|---------|------------|----------|------|------|-------|
| Thunfischsauce                           |               | ✓       | ✓    | ✓     | ✓        |          |         |            |          |      |      |       |
| Thunfischwrap                            | W             | ✓       | ✓    | ✓     | ✓        |          |         |            |          |      |      |       |
| ToGuDi-Salat                             |               | ✓       |      |       |          |          |         |            |          |      | ✓    |       |
| Tomaten-Lauch-Käse-Dipp                  |               | ✓       |      |       |          |          |         |            |          |      |      |       |
| Tomaten-Mais-Salat                       |               | ✓       |      |       |          |          |         |            |          |      | ✓    |       |
| Tomatensalat                             |               | ✓       |      |       |          |          |         |            |          |      | ✓    |       |
| Tomatensauce                             | W             | ✓       |      |       | ✓        |          |         |            |          |      |      |       |
| Tomatensuppe mit Grießklößchen           | W, G          | ✓       | ✓    |       | ✓        |          |         |            |          |      |      |       |
| Tortellini in Tomatensauce               | W             | ✓       |      |       | ✓        |          |         |            |          |      |      |       |
| Vanillecreme / Vanillepudding            |               | ✓       | ✓    |       |          | ✓        | ✓       | ✓          |          | ✓    |      |       |
| Vanillesauce                             |               | ✓       | ✓    |       |          | ✓        | ✓       | ✓          |          | ✓    |      |       |
| Vegetarische Bolognese mit Kichererbsen  | W             | ✓       |      |       | ✓        |          |         |            |          |      |      |       |
| Vegetarisches Pastizio Makaronia         | W             | ✓       |      |       | ✓        |          |         |            |          |      |      |       |
| Vegetarisches Schnitzel, paniert         | W             |         | ✓    |       |          |          |         |            |          |      |      |       |
| Veggie-Burger BBQ                        | W, R          | ✓       |      |       | ✓        |          | ✓       | ✓          | ✓        | ✓    | ✓    | ✓     |
| Vier-Jahreszeiten-Salat mit Sesamtopping |               | ✓       | ✓    |       | ✓        |          |         |            |          |      | ✓    | ✓     |
| Vollkorn- Spiralnudeln                   | W             | ✓       |      |       |          |          |         |            |          |      |      |       |
| Vollkorn-Spaghetti                       | W             | ✓       |      |       |          |          |         |            |          |      |      |       |
| Vollkornbrötchen                         | W, R, G, H, D |         |      |       |          |          |         |            |          |      |      | ✓     |
| Vollkornnudeln                           | W             | ✓       |      |       |          |          |         |            |          |      |      |       |
| Vollkornreis                             |               | ✓       |      |       |          |          |         |            |          |      |      |       |
| Warmer Milchreis mit Zimt und Zucker     |               | ✓       | ✓    |       |          |          |         |            |          |      |      |       |