

# VOLLMUND

## SPEISEPLAN

DE-ÖKO-007  
DE-HH-00084-EG

Hallo Kinder,  
Vollmund wünscht  
guten Appetit!



### MENÜ 1



Rohkost-bio  
Knabberrohkost-bio  
Kohlrabistücke-bio  
Erbsensuppe-bio  
Laugenbrötchen-bio  
Obstkorb-bio

### MENÜ 2

Rohkost-bio  
Knabberrohkost-bio  
Kohlrabistücke-bio  
Süßkartoffel-Brei m.Blumenkohlgemüse  
Rindsbratwurst-bio  
Brombeerquark

Montag, 17. Januar

Dienstag, 18. Januar

Gemüsekorb-bio  
Vollkornreis-bio  
Gemüsecurry  
Obstkorb-bio

Gemüsekorb-bio  
Weißer Reis  
Hühnerfrikassee  
Obstkorb-bio

Mittwoch, 19. Januar



Rohkost-bio  
Knabberrohkost-bio  
Tomaten-Fenchelsalat mit Bohnen-bio  
Salzkartoffeln m.Broccoligemüse  
Grünkernbratling  
Mango-Bananen-Lassie

Rohkost-bio  
Knabberrohkost-bio  
Tomaten-Fenchelsalat mit Bohnen-bio  
Kürbissuppe-bio  
Sieben-Urkorn-Brot-bio  
Obstkorb-bio

Donnerstag, 20. Januar



Rohkost-bio  
Knabberrohkost-bio  
Farmersalat-bio  
Vollkornspaghetti-bio  
Champignonsauce  
Apfelkompott

Rohkost-bio  
Knabberrohkost-bio  
Farmersalat-bio  
Weiße Spaghetti-bio  
Tomatengemüsesauce-bio  
Obstkorb-bio

Freitag, 21. Januar

Rohkost-bio  
Knabberrohkost-bio  
Eisbergsalat in Vinaigrette-bio  
Kartoffelbrei m.Currydip  
Kichererbsenrösti  
Caramelpudding

Rohkost-bio  
Knabberrohkost-bio  
Eisbergsalat in Vinaigrette-bio  
Kartoffelbrei m.Currydip  
Kais Pfannfisch o.Backfisch  
Obstkorb-bio

bestellt bis Dienstag, den 11.01.2022 bis 13:00 Uhr

Informationen zur LMI V  
auf unserer Webseite  
[www.vollmund.de](http://www.vollmund.de)



632 997-0































































































































































Fax 632 997-12

BRAMFELDER DORFPLATZ 2A · 22179 HAMBURG

Freiwillige Kontrolle durch:



**Heller & Mackens**  
DER PARTNER FÜR QUALITÄTSSICHERUNG  
UND FACHPLANUNG IM LEBENSMITTELBEREICH

3.KW	Montag, 17.01.2022	Dienstag, 18.01.2022	Mittwoch, 19.01.2022	Donnerstag, 20.01.2022	Freitag, 21.01.2022
MENÜ 1	Grundportion:	Grundportion:	Grundportion:	Grundportion:	Grundportion:
	 Rohkost - bio	 Rohkost - bio	 Rohkost - bio	 Rohkost - bio	 Rohkost - bio
	 Knabberrohkost - bio	 Knabberrohkost - bio	 Knabberrohkost - bio	 Knabberrohkost - bio	 Knabberrohkost - bio
	 Kohlrabistücke - bio	 Gemüsekorb - bio	 Tomaten - Fenchelsalat mit Bohnen	 Tomaten - Fenchelsalat mit Bohnen	 Farmersalat - bio
	 Erbsensuppe - bio	 Vollkornreis - bio	Salzkartoffeln	 Vollkornspaghetti - bio	 Vollkornspaghetti - bio
	 Laugenbrötchen - bio	Gemüsecurry	Broccoligemüse	Champignonsauce	Currydip
	 Obstkorb - bio	 Obstkorb - bio	 Grünkernbratling	Mango-Bananen-Lassie	 Kichererbsenrösti
	 Obstkorb - bio	 Weißer Reis	 Kürbissuppe - bio	 Kürbissuppe - bio	Caramelpudding
	 Süßkartoffel-Brei	 Hühnerfrikassee	 Sieben - Urkorn - Brot - bio	 Sieben - Urkorn - Brot - bio	 Apfelkompott
	 Blumenkohlgemüse	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio
 Rindsbratwurst - bio	 Brombeerquark	 Gemüsekorb - bio	 Gemüsekorb - bio	 Gemüsekorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
 Rindsbratwurst - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	 Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	
Rindsbratwurst - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	Obstkorb - bio	