

# Menu Company Restaurant BAM – Unter den Eichen

GastFroh  
Cafeterien – Catering



Monday, 9.3.2026

Tuesday, 10.3.2026

Wednesday, 11.3.2026

Thursday, 12.3.2026

Friday, 13.3.2026



**Stew  
Mug  
Plate  
Tureen**  
Nutritional values  
on  
500 ml charged

Monday, 9.3.2026	Tuesday, 10.3.2026	Wednesday, 11.3.2026	Thursday, 12.3.2026	Friday, 13.3.2026
<p>Vegetable stew (celery, <b>carrots</b>, white cabbage, <b>potato cubes</b>) (J)  </p> <p>198 kcal, 28g KH, 5g Fat, 6g PE <b>241g CO2</b></p>	<p>Berlin <b>lentil soup</b> (J) </p> <p>758 kcal, 98g KH, 10g fat, 50g PE <b>416g CO2</b></p>	<p><b>Chickpea stew</b> with <b>soup vegetables</b> and <b>potato cubes</b> (J) </p> <p>405 kcal, 52g KH, 10g fat, 18g PE <b>417g CO2</b></p>	<p>Thai  Chicken soup, Mie Noodles  (A1,G,C,J)</p> <p>337 kcal, 50g KH, 5g fat, 22g PE <b>857g CO2</b></p>	<p>Barley soup (<b>soup vegetables</b>, <b>potatoes</b>, smoked pork) (2,3,10,A3,J) </p> <p>916 kcal, 159g KH, 15g fat, 31g PE <b>637g CO2</b></p>
<p>Chicken breast gratinated with  mozzarella and tomatoes, served with basil cream sauce and fried gnocchi (A1,H,J) </p> <p>848 kcal, 83g KH, 34g fat, 48g EW <b>2083g CO2</b></p>	<p>Au gratin Pointed cabbage with leek vegetables  on <b>carrot and mashed</b> <b>potatoes</b> (H,J) </p> <p>512 kcal, 29g KH, 34g fat, 21g EW <b>325g CO2</b></p>	<p>Bavarian Leberkäse with <b>potato salad</b>,  served with sweet mustard (2,3,9,E,H,J)</p> <p>1162 kcal, 81g KH, 76g fat, 32g EW <b>1025g CO2</b></p>	<p>MSC Wild Salmon  with dill sauce, <b>rice</b> and lettuce  (A1,D,H)</p> <p>506 kcal, 45g KH, 22g fat, 29g EW <b>925g CO2</b></p>	<p><b>Bami Goreng</b>  with fresh vegetables (Asian vegetables) and chicken  with soy sauce (A1,H,G)</p> <p>779 kcal, 110g KH, 16g fat, 45g PE <b>1520g CO2</b></p>
<p>Pumpkin-minced meat- ragout with <b>spaghetti</b> and grated cheese (A1,H,J) </p> <p>938 kcal, 94g KH, 43g fat, 47g EW <b>1181g CO2</b></p>	<p>Szeged goulash (pork goulash with cabbage)  and <b>potatoes</b> (A1,J)</p> <p>579 kcal, 41g KH, 27g fat, 40g EW <b>1275g CO2</b></p>	<p>Stuffed pepper (stuffed with <b>couscous</b>, <b>root vegetables</b>),  gratinated with cheese, <b>rice</b> and <b>tomato sauce</b> (A1,H,J)</p> <p>677 kcal, 102g KH, 16g fat, 26g EW <b>846g CO2</b></p>	<p>Leek <b>Potato Casserole</b>  with minced meat  (C,H)</p> <p>638 kcal, 43g KH, 30g fat, 42g EW <b>1414g CO2</b></p>	
<p><b>Scrambled eggs</b> with creamed spinach  and <b>boiled potatoes</b> (H,C,J)</p> <p>375 kcal, 31g KH, 18g fat, 19g EW <b>534g CO2</b></p>	<p><b>Noodle and vegetable</b> casserole  (cauliflower, broccoli, carrots) au gratin with cheese (A1,C,H)</p> <p>1056 kcal, 155g KH, 27g fat, 43g EW <b>1395g CO2</b></p>	<p>Vegetable patty, served with <b>yoghurt dip</b>,  with <b>potatoes</b>  and imperial vegetables (A1,C,H,J)</p> <p>588 kcal, 44g KH, 34g fat, 26g EW <b>784g CO2</b></p>	<p>Sweet potato Curry (<b>coconut milk</b>, limes, peas, <b>pumpkin</b>)  (A1,J)</p> <p>1062 kcal, 137g KH, 45g fat, 14g EW <b>606g CO2</b></p>	
<p><b>Curd cream with lime</b> and sponge cake (H,A1,C)</p> <p>127 kcal, 18g KH, 1g fat, 10g PE <b>404g CO2</b></p>	<p>Chocolate pudding with vanilla sauce (1,H)</p> <p>176 kcal, 30g KH, 3g fat, 7g PE <b>560g CO2</b></p>	<p><b>Yoghurt</b> with melon (H)</p> <p>90 kcal, 11g KH, 3g Fat, 4g PE <b>235g CO2</b></p>	<p>Chocolate mousse (H)</p> <p>124 kcal, 17g KH, 4g Fat 5g EW <b>275g CO2</b></p>	
				<p>Dessert according to offer</p>

Subject to change! The foods highlighted in green or complete dishes are served in **organic quality**.

Opening hours company restaurant

Monday – Friday: 07:30 a.m. – 2:30 p.m.

Lunch

Monday - Friday: 11:30 a.m. – 1:30 p.m.

Operations management: Guido Zeidler

Tel.: 030 – | Email: Br-GastFroh@bam.de

Event enquiries:

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★The star marks the menu line that corresponds to a balanced and wholesome diet over the course of the week. Our organic dishes are controlled by DE-ÖKO-006.

Information on the allergens and additives contained in the dishes can be found in the restaurant next to the posted menu, at the salad buffet and in the snack area. Our staff will also be happy to answer any questions you may have.

**Additives:** 1: with colouring(s); 2: with preservative(s); 3: with antioxidant(s); 4: with flavour enhancer; 5: sulphurised; 6: blackened; 7: waxed; 8: with sweetener(s); 9: contains a source of phenylalanine; 10: with phosphate

**Allergens:** A: Cereals containing gluten (1-wheat, 2-rye, 3-barley, 4-oats, 5-spelt, 6-kamut or hybrid strains thereof); B: crustaceans; C: Eggs; D: Fish; E: mustard; F: peanuts; G: Soy; H: Milk and dairy products (incl. lactose); I: Nuts (1-almond, 2-hazelnut, 3-walnut, 4-cashew, 5-pecan, 6-Brazil nut, 7-pistachio, 8-macadamia nut, 9-Queensland nut); J: Celery; K: Sesame seeds; L: sulphur dioxide and sulphites > 10 mg/kg; M: Lupins; N: Molluscs. This also applies to products derived from them.