

**Tipp: Ergänzen Sie Ihr Mittagessen mit unserem Marktkorb-Angebot.**

	Früchte ungerüstet	Salate ungerüstet	Gemüse ungerüstet	Gerüstete Produkte & Nüsse
<b>Mo 11.01.</b>	<input type="checkbox"/> Äpfel (1 kg) s <input type="checkbox"/> Birnen (1 kg) s	<input type="checkbox"/> Bio Zuckerhut (1 Stk) s <input type="checkbox"/> Crisby Salat grün (1Stk) s	<input type="checkbox"/> Rüebli (1kg) s <input type="checkbox"/> Gurken (1 Stk) <input type="checkbox"/> Kartoffeln (selber kochen) (500g) s	<input type="checkbox"/> Mandeln (500g)
<b>Di 12.01.</b>	<input type="checkbox"/> Bananen (Fairtrade) (Bund) s <input type="checkbox"/> Bio Äpfel (1 kg) s <input type="checkbox"/> Clementinen (1 kg) s <input type="checkbox"/> Birnen (1 kg) s <input type="checkbox"/> Kiwi Gold (1 kg) s	<input type="checkbox"/> Chicorée (500g) s <input type="checkbox"/> Bio Saisonsalat (1 Stk) s <input type="checkbox"/> Bio Zuckerhut (1 Stk) s <input type="checkbox"/> Crisby Salat grün (1Stk) s <input type="checkbox"/> Salanova rot (1Stk) s	<input type="checkbox"/> Bio Gurken (1 Stk) <input type="checkbox"/> Bio Rüebli (1 kg) s <input type="checkbox"/> Kürbis (1 Stk) s <input type="checkbox"/> Tomaten (1 kg) <input type="checkbox"/> Räben (1Stk) s	<input type="checkbox"/> Chinakohl fixfertig (500g) s <input type="checkbox"/> Nüsslisalat (500g) s <input type="checkbox"/> Selleriestreifen (500g) s <input type="checkbox"/> Rüebli geraffelt (500g) s <input type="checkbox"/> Gemüsesticks (1 kg)
<b>Mi 13.01.</b>	<input type="checkbox"/> Bananen (Fairtrade) (Bund) s <input type="checkbox"/> Äpfel (1 kg) s <input type="checkbox"/> Clementinen (1 kg) s <input type="checkbox"/> Birnen (1 kg) s <input type="checkbox"/> Kiwi Gold (1 kg) s	<input type="checkbox"/> Chicorée (500g) s <input type="checkbox"/> Bio Zuckerhut (1 Stk) s <input type="checkbox"/> Crisby Salat grün (1Stk) s <input type="checkbox"/> Salanova rot (1Stk) s	<input type="checkbox"/> Rüebli (1kg) s <input type="checkbox"/> Gurken (1 Stk) <input type="checkbox"/> Kürbis (1 Stk) s <input type="checkbox"/> Tomaten (1 kg) <input type="checkbox"/> Räben (1Stk) s	<input type="checkbox"/> Chinakohl fixfertig (500g) s <input type="checkbox"/> Nüsslisalat (500g) s <input type="checkbox"/> Selleriestreifen (500g) s <input type="checkbox"/> Rüebli geraffelt (500g) s <input type="checkbox"/> Mandeln (500g)
<b>Do 14.01.</b>	<input type="checkbox"/> Bio Äpfel (1 kg) s <input type="checkbox"/> Bananen (Fairtrade) (Bund) s <input type="checkbox"/> Clementinen (1 kg) s <input type="checkbox"/> Birnen (1 kg) s <input type="checkbox"/> Kiwi Gold (1 kg) s	<input type="checkbox"/> Chicorée (500g) s <input type="checkbox"/> Bio Saisonsalat (1 Stk) s <input type="checkbox"/> Bio Zuckerhut (1 Stk) s <input type="checkbox"/> Crisby Salat grün (1Stk) s <input type="checkbox"/> Salanova rot (1Stk) s	<input type="checkbox"/> Bio Rüebli (1 kg) s <input type="checkbox"/> Bio Gurken (1 Stk) <input type="checkbox"/> Kürbis (1 Stk) s <input type="checkbox"/> Tomaten (1 kg) <input type="checkbox"/> Räben (1Stk) s	<input type="checkbox"/> Chinakohl fixfertig (500g) s <input type="checkbox"/> Nüsslisalat (500g) s <input type="checkbox"/> Selleriestreifen (500g) s <input type="checkbox"/> Rüebli geraffelt (500g) s <input type="checkbox"/> Gemüsesticks (1 kg)
<b>Fr 15.01.</b>	<input type="checkbox"/> Bananen (Fairtrade) (Bund) s <input type="checkbox"/> Äpfel (1 kg) s <input type="checkbox"/> Clementinen (1 kg) s <input type="checkbox"/> Birnen (1 kg) s <input type="checkbox"/> Kiwi Gold (1 kg) s	<input type="checkbox"/> Chicorée (500g) s <input type="checkbox"/> Bio Zuckerhut (1 Stk) s <input type="checkbox"/> Crisby Salat grün (1Stk) s <input type="checkbox"/> Salanova rot (1Stk) s	<input type="checkbox"/> Rüebli (1kg) s <input type="checkbox"/> Gurken (1 Stk) <input type="checkbox"/> Kürbis (1 Stk) s <input type="checkbox"/> Tomaten (1 kg) <input type="checkbox"/> Räben (1Stk) s	<input type="checkbox"/> Chinakohl fixfertig (500g) s <input type="checkbox"/> Nüsslisalat (500g) s <input type="checkbox"/> Selleriestreifen (500g) s <input type="checkbox"/> Rüebli geraffelt (500g) s <input type="checkbox"/> Mandeln (500g)

**menuandmore verwendet ausschliesslich Schweizer Fleisch und Geflügel.**

**Legende:** \* glutenfrei    ° laktosefrei    s saisonal

