



Menu Plan Bruderholz – July 2019

Week 27	Week 28	Week 29	Week 30	Week 31
Monday (01.07.19) Creamy fennel soup Fried Rice	Monday (08.07.19) Carrot salad Artichoke and potato frittata	Monday (15.07.19) Creamy Broccoli soup Spaghetti all Contadina	Monday (22.07.19) Red beet soup Chili con Verde with Basmati rice	Monday (29.07.19) Tomato Carpaccio Sumatra
Tuesday (02.07.19) Watermelon Salad Wholegrain pasta with an eggplant-thyme sauce	Tuesday (09.07.19) Red bean salad Buckwheat and vegetable casserole	Tuesday (16.07.19) Poultry Velouté Filled eggplant with buckwheat and vegetables	Tuesday (23.07.19) Bell pepper salad Caf Caf (Vegetables with soy sauce)	Tuesday (30.07.19) Melon salad Chickpea stroganoff with millet
Wednesday (03.07.19) Quinoa Tabbouleh salad with eggs Wholegrain bread with rosemary	Wednesday (10.07.19) Cucumber salad Cauliflower banquette with wholemeal rice	Wednesday (17.07.19) Carrot and bean salad Gado Gado (vegetables, eggs and peanut sauce)	Wednesday (24.07.19) Creamy mushroom soup Wholegrain risotto with zucchini	Wednesday (31.07.19) Tomato basil velouté Fried sweet potatoes with avocado
Thursday (04.07.19) Beef broth Bureck with spinach and mascarpone	Thursday (11.07.19) Eggplant and mushrooms salad Nasi Goreng (fried rice with chicken)	Thursday (18.07.19) Greek salad "Flammkuchen" with salmon	Thursday (25.07.19) Green salad with dates and nuts Couscous with celery and white beans	
Friday (05.07.19) Urab (Mango salad) Mie Goreng (Noodles with shrimps and broccoli)	Friday (12.07.19) Nizza salad with tuna Spelt bread	Friday (19.07.19) Cesar salad with chicken Cornbread	Friday (26.07.19) Vegetable dip with herb sauce Wholemeal-olive blinis	

Specialties according to the pedagogical theme of the month