



Menu Plan Bruderholz – September 2019

Week 36	Week 37	Week 38	Week 39	Week 40
Monday (02.09.19)	Monday (09.09.19)	Monday (16.09.19)	Monday (23.09.19)	Monday (30.09.19)
Carrot salad	Tomato carpaccio	Green lettuce with dates	Broccoli soup	Cauliflower salad
Wholemeal rice with creamy vegetable sauce and cheese	Risotto with cabbage	Spaghetti Bolognese with Soy	Tofu with vegetables, millet and white sauce	Voll au vent
Tuesday (03.09.19)	Tuesday (10.09.19)	Tuesday (17.09.19)	Tuesday (24.09.19)	
Fennel soup	Pumpkin soup	Red beet soup	Cabbage soup	
Wholemeal Fusilli with a shrimp and carrot sauce	Peperoni and potato omelettes	Vegetarian cassoulet with beans	Boulet a la Liegoise (Beef and vegetables) with buckwheat	
Wednesday (04.09.19)	Wednesday (11.09.19)	Wednesday (18.09.19)	Wednesday (25.09.19)	
Radish salad	Cucumber salad	Endive salad	Green lettuce with eggs	
Spinach Büreck with Feta	Vegetable Moussaka with potatoes	Waterzooi (Chicken ragout with vegetables and potatoes)	Fried noodles with eggplant and mungo sprouts	
Thursday (05.09.19)	Thursday (12.09.19)	Thursday (19.09.19)	Thursday (26.09.19)	
Green lettuce with	Brussel sprout soup	Radish salad	Eggplant soup	
croutons Quinoa with white beans and grilled eggplant	Carbonada Flamande with Beef	Fish fingers with sweet potato fries and spinach	Rösti with tomatoes and gruyere cheese	
Friday (06.09.19)	Friday (13.09.19)	Friday (20.09.19)	Friday (27.09.19)	
Onion soup	Fish soup	Leek soup	Green bean salad	
Flemish au Poireaux (vegetable pie with bacon)	Bulgur with legumes and celery	Appel and celery piccata with Ebly	Pumpkin quiche	

Specialties according to the pedagogical theme of the month: Belgium