



## Menu Plan Bruderholz – October 2019

Week 40	Week 41	Week 42	Week 43	Week 44
	<p><b>Monday (07.10.19)</b></p> <p>Celery soup</p> <p>Quinoa with carrots and mung beans</p>	<p><b>Monday (14.10.19)</b></p> <p>Red beet salad</p> <p>Couscous with legumes and dried fruits</p>	<p><b>Monday (21.10.19)</b></p> <p>Corn salad</p> <p>Fried rice with vegetables and eggs</p>	<p><b>Monday (28.10.19)</b></p> <p><b>Tomato and mozzarella salad</b></p> <p><b>Wholemeal pasta with pesto</b></p>
<p><b>Tuesday (01.10.19)</b></p> <p>Cauliflower soup</p> <p>Roasted potatoes with mushrooms and scrambled egg with bacon</p>	<p><b>Tuesday (08.10.19)</b></p> <p>Salad with artichokes</p> <p>Wholemeal pasta with shrimps and broccoli sauce</p>	<p><b>Tuesday (15.10.19)</b></p> <p>Celery salad</p> <p>Millet and vegetable casserole</p>	<p><b>Tuesday (22.10.19)</b></p> <p><b>Salad with Gran Padano</b></p> <p><b>Pizza with tuna and vegetables</b></p>	<p><b>Tuesday (29.10.19)</b></p> <p>Salad with apples and nuts</p> <p>Mexican rice pot</p>
<p><b>Wednesday (02.10.19)</b></p> <p>Chickpea salad</p> <p>Pumpkin pie</p>	<p><b>Wednesday (09.10.19)</b></p> <p>Creamy beluga lentil soup</p> <p>Pumpkin, leek and eibly gratin</p>	<p><b>Wednesday (16.10.19)</b></p> <p><b>Eggplant salad</b></p> <p><b>Wholemeal pasta with salmon and bell pepper sauce</b></p>	<p><b>Wednesday (23.10.19)</b></p> <p>Radish salad</p> <p>Hot dogs with pickles and roasted onions</p>	<p><b>Wednesday (30.10.19)</b></p> <p>Savoy soup</p> <p>Buckwheat blinis with avocado purée and red beet hummus</p>
<p><b>Thursday (03.10.19)</b></p> <p>Creamy mushroom soup</p> <p>Codfish filet with shallot sauce, bulgur and spinach</p>	<p><b>Thursday (10.10.19)</b></p> <p><b>White bean salad</b></p> <p><b>Polenta with mushrooms gratinated with cheese</b></p>	<p><b>Thursday (17.10.19)</b></p> <p>Pumpkin salad</p> <p>Chicken touetiere (with puff pastry) with vegetables</p>	<p><b>Thursday (24.10.19)</b></p> <p>Carrot salad</p> <p>Potato wedges with dip</p>	<p><b>Thursday (31.10.19)</b></p> <p>Chestnut soup</p> <p>Eibly with New Orleans sauce (chorizo)</p>
<p><b>Friday (04.10.19)</b></p> <p><b>White cabbage salad</b></p> <p><b>Risotto with bell peppers and pinto beans</b></p>	<p><b>Friday (11.10.19)</b></p> <p>Brussel sprout soup</p> <p>Pork meatloaf with herb potatoes and white carrots</p>	<p><b>Friday (18.10.19)</b></p> <p>Cucumber salad</p> <p>Chili con verde with wholemeal rice</p>	<p><b>Friday (25.10.19)</b></p> <p>Red bean salad</p> <p>“Spätzle” with cheese and white cabbage</p>	

**Specialties according to the pedagogical theme of the month: Belgium**