



## Menüplan Bruderholz –March 2020

Woche 10	Woche 11	Woche 12	Woche 13	Woche 14
<b>Monday (02.03.20)</b> Carneval Monday	<b>Monday (09.03.20)</b> Chickpea soup  Artichoke ragout with seasonal vegetables	<b>Monday (16.03.20)</b> Onion soup  Greek spinach rice with feta	<b>Monday (23.03.20)</b> Salad with eggs and honey-mustard dressing  Bulgur with carrots and dried tomatoes	<b>Monday (30.03.20)</b> <b>Fish soup</b> <b>Fried cauliflower with bacon and potatoes</b>
<b>Tuesday (03.03.20)</b> Batavia salad with radish  Wholegrain pizza with vegetables	<b>Tuesday (10.03.20)</b> Cauliflower and carrot salad  Wholegrain penne amatriciana with grated cheese	<b>Tuesday (17.03.20)</b> Cous cous salad  Fish ragout with seasonal vegetables	<b>Tuesday (24.03.20)</b> <b>White beans soup</b>  <b>Corned beef with potatoes and green salad</b>	<b>Tuesday (31.03.20)</b> Vegetables with yoghurt dip  Vegetable ragout with eby
<b>Wednesday (04.03.20)</b> Basel flour soup  Lentil nudels with tomato sauce and grated cheese	<b>Wednesday (11.03.20)</b> Chicory salad  Green beans with millet	<b>Wednesday (18.03.20)</b> <b>Egg salad</b>  <b>Colcannon (Irish dish with potatoes, kale and sausage)</b>	<b>Wednesday (25.03.20)</b> Beetroot salad  Risotto Milanese with shrimps	
<b>Thursday (05.03.20)</b> Salad with pine nuts Salmon with lemon sauce, peas and quinoa	<b>Thursday (12.03.20)</b> <b>Pasta salad with corn</b>  <b>Irish stew with lamb</b>	<b>Thursday (19.03.20)</b> Randen salad with walnuts and yoghurt sauce  Fried Asian nudels with tofu	<b>Thursday (26.03.20)</b> Pancake soup  Kritharaki nudels in the oven with vegetables	
<b>Friday (06.03.20)</b> <b>Winter salad with sesame dressing and pears</b>  <b>Shepherds pie with beef</b>	<b>Friday (13.03.20)</b> Lollo Rosso salad with croutons  Homemade crispy fish with sweetpotato puree and yoghurt sauce	<b>Friday (20.03.20)</b> Lentil salad  Artichoke in lemon sauce and wild rice	<b>Friday (27.03.20)</b> Bruschetta with feta  Pea stew	

Spezialitäten zum pädagogischen Monatsthema 'Ireland'

