



Menu Plan Bruderholz – July 2020

Week 27	Week 28	Week 29	Week 30	Week 31
	<p>Monday (06.07.20)</p> <p>Crispy crouton salad</p> <p>Filled peppers with bulgur, legume, and tomato sauce</p>	<p>Monday (13.07.20)</p> <p>Lemongrass soup with legumes</p> <p>Salmon with sweet potatoes and mixed vegetables</p>	<p>Monday (20.07.20)</p> <p>Greek salad</p> <p>Homemade chicken wings with wedges and boiled vegetables</p>	<p>Monday (27.07.20)</p> <p>Fruit salad</p> <p>Vietnamese ginger chicken with basmati rice and season vegetables</p>
	<p>Tuesday (07.07.20)</p> <p>Italian salad</p> <p>Vietnamese fried shrimp with rice noodles and season vegetables</p>	<p>Tuesday (14.07.20)</p> <p>Season Salat with boiled eggs</p> <p>Eggplant casserole with couscous</p>	<p>Tuesday (21.07.20)</p> <p>Tortillas with salsa dip</p> <p>Green bean and potato casserole with cheese</p>	<p>Tuesday (28.07.20)</p> <p>Gazpacho soup with crème Fraiche</p> <p>Fried noodles with Asian vegetables</p>
<p>Wednesday (01.07.20)</p> <p>Turnip cabbage salad</p> <p>Vegetarian Chili con Carne with wholemeal rice</p>	<p>Wednesday (08.07.20)</p> <p>Breadsticks with parmesan and white bean dip</p> <p>Honey and garlic chicken with peas and carrots</p>	<p>Wednesday (15.07.20)</p> <p>Caprese Salad</p> <p>Mediterranean wholemeal pasta with cheese</p>	<p>Wednesday (22.07.20)</p> <p>Lentil soup</p> <p>Vietnamese soy steamed fish with Quinoa and Broccoli</p>	<p>Wednesday (29.07.20)</p> <p>Tzatziki bruschetta</p> <p>Summer ratatouille with legumes and millet</p>
<p>Thursday (02.07.20)</p> <p>Thai carrot soup</p> <p>Vietnamese lemongrass chicken with quinoa and Asian vegetables</p>	<p>Thursday (09.07.20)</p> <p>Grilled peppers and zucchini salad</p> <p>Stir-fried pasta a la Norma with Cheese</p>	<p>Thursday (16.07.20)</p> <p>Pita bread with hummus</p> <p>Tuscany Portobello stew</p>	<p>Thursday (23.07.20)</p> <p>Sumer salad with grilled peaches</p> <p>Homemade pizza rolls with mozzarella and vegetables</p>	<p>Thursday (30.07.20)</p> <p>Vegetable soup</p> <p>Codfish with a cornflakes crust with mashed peas and potatoes</p>
<p>Friday (03.07.20)</p> <p>Vegetable sticks with a pee and mint dip</p> <p>Herbed sea bass with lemon vinaigrette and boiled potatoes</p>	<p>Friday (10.07.20)</p> <p>Summer Minestrone soup</p> <p>Safran Risotto with summer vegetables</p>	<p>Friday (17.07.20)</p> <p>Sundried tomato salad with almonds</p> <p>Vietnamese beef pho</p>	<p>Friday (24.07.20)</p> <p>Cauliflower salad</p> <p>Curry with sweet potatoes and chickpeas with Yasmin rice</p>	<p>Friday (31.07.20)</p> <p>Tomato and melon salad</p> <p>Mushroom and carrot risotto</p>

Specialties according to the pedagogical theme of the month: Vietnam