



Menu Plan Bruderholz –August 2020

| Week 32 | Week 33 | Week 34 | Week 35 | Week 36 |
|--|---|--|---|--|
| <p>Monday (03.08.20)</p> <p>Tomato Gratin</p> <p>Casserole with creamy broccoli, whole-wheat pasta and croutons</p> | <p>Monday (10.08.20)</p> <p>Tomatoes, peach and basil salad</p> <p>Fish skewers with mashed peas and honey mustard dip</p> | <p>Monday (17.08.20)</p> <p>Carrot salad</p> <p>Vegetarian frikadelle with whole-wheat rice and yoghurt-mint sauce</p> | <p>Monday (24.08.20)</p> <p>Mixed salad</p> <p>Oven baked tortilla wraps</p> | <p>Monday (31.08.20)</p> <p>Mixed salad</p> <p>Fried tofu and green beans with millet</p> |
| <p>Tuesday (04.08.20)</p> <p>Mixed salad</p> <p>Caribbean fish stew with potatoes</p> | <p>Tuesday (11.08.20)</p> <p>Summer quinoa salad</p> <p>Mushroom risotto with grated cheese</p> | <p>Tuesday (18.08.20)</p> <p>Greek salad</p> <p>Whole-wheat pasta Napoli with grated cheese</p> | <p>Tuesday (25.08.20)</p> <p>Summer green salad with eggs</p> <p>Pizza with vegetables, ham and pineapple (made by the children)</p> | |
| <p>Wednesday (05.08.20)</p> <p>Vegetable broth with letters</p> <p>Baked white beans with sausages</p> | <p>Wednesday (12.08.20)</p> <p>Niçoise salad with croutons</p> <p>Vegetable pasta with pesto sauce and grated cheese</p> | <p>Wednesday (19.08.20)</p> <p>Vegetable broth with croutons</p> <p>Fish sticks with potatoes out of the oven, with peas and tartar sauce</p> | <p>Wednesday (26.08.20)</p> <p>Vegetable and bread sticks with dip</p> <p>Ratatouille with quinoa</p> | |
| <p>Thursday (06.08.20)</p> <p>Mixed salad</p> <p>Filled peppers with rice and soy mince</p> | <p>Thursday (13.08.20)</p> <p>Bruschetta</p> <p>Summer vegetables casserole with chickpeas</p> | <p>Thursday (20.08.20)</p> <p>Green salad</p> <p>Spaghetti Bolognese</p> | <p>Thursday (27.08.20)</p> <p>Corn salad</p> <p>Casserole with spätzle and vegetables</p> | |
| <p>Friday (07.08.20)</p> <p>Summer soup with legumes</p> <p>Sweet mashed potatoes with mixed vegetables</p> | <p>Friday (14.08.20)</p> <p>Mixed salad</p> <p>Hot dogs with pickles and roasted onions</p> | <p>Friday (21.08.20)</p> <p>Couscous salad</p> <p>Tomatoes, zucchini, eggplant and mozzarella casserole</p> | <p>Friday (28.08.20)</p> <p>Tomatoes mozzarella salad</p> <p>Whole-wheat pasta with tuna fish sauce</p> | |

Specialties according to the pedagogical theme of the month: Islands

