



Menu Plan Bruderholz – November 2020

Week 45	Week 46	Week 47	Week 48	Week 49
<p>Monday (02.11.20)</p> <p>Broccoli cheese soup.</p> <p>Sweet potatoes curry with chickpeas and jasmine rice.</p>	<p>Monday (09.11.20)</p> <p>Turkey tortilla roll ups.</p> <p>Mediterranean peas and carrots casserole.</p>	<p>Monday (16.11.20)</p> <p>Chef's salad.</p> <p>Tuna, veggies and orzo from the oven.</p>	<p>Monday (23.11.20)</p> <p>Lentil soup.</p> <p>Creamy spaetzle with vegetables.</p>	<p>Monday (30.11.20)</p> <p>Carrot chips with Gruyere cheese deep.</p> <p>Aromatic potato and cauliflower stew.</p>
<p>Tuesday (03.11.20)</p> <p>Vegetable sticks with tzatziki dip.</p> <p>Vegetarian shepherd's pie.</p>	<p>Tuesday (10.11.20)</p> <p>Beetroot salad with yogurt sauce.</p> <p>Creamy fish ragout with mashed potatoes and vegetables.</p>	<p>Tuesday (17.11.20)</p> <p>Winter veggies soup.</p> <p>Canadian chicken sandwich.</p>	<p>Tuesday (24.11.20)</p> <p>Pita bread and feta cheese deep.</p> <p>Zucchini caponata.</p>	<p>Tuesday</p>
<p>Wednesday (04.11.20)</p> <p>Fresh Fall salad.</p> <p>Poutine (Canadian).</p>	<p>Wednesday (11.11.20)</p> <p>Butternut squash and apricot soup.</p> <p>Tofu and vegetables fried rice.</p>	<p>Wednesday (18.11.20)</p> <p>Chickpeas soup.</p> <p>Whole wheat pasta with veggie Bolognese.</p>	<p>Wednesday (25.11.20)</p> <p>Avocado quinoa salad.</p> <p>Canadian fish tacos.</p>	<p>Wednesday</p>
<p>Thursday (05.11.20)</p> <p>Tomato soup.</p> <p>Lemon baked butter fish with quinoa.</p>	<p>Thursday (12.11.20)</p> <p>Arugula, pecans and crouton salad.</p> <p>Spinach lasagne.</p>	<p>Thursday (19.11.20)</p> <p>Cobb salad.</p> <p>Greek spinach and rice casserole.</p>	<p>Thursday (26.11.20)</p> <p>Potatoes and leek soup.</p> <p>Stir fried tofu and vegetables with rice noodles.</p>	<p>Thursday</p>
<p>Friday (06.11.20)</p> <p>Pomegranate, lentil and brie salad.</p> <p>Whole wheat pasta Primavera.</p>	<p>Friday (13.11.20)</p> <p>Grisons Barley soup.</p> <p>Calgary style ginger beef with green beans. (Canadian).</p>	<p>Friday (20.11.20)</p> <p>Gingery carrot soup.</p> <p>Pizza Madness.</p>	<p>Friday (27.11.20)</p> <p>Winter pear and gorgonzola salad.</p> <p>Crockpot braised beef Ragu with Polenta</p>	<p>Friday</p>

Specialties according to the pedagogical theme of the month: Canada

