



Menu Plan Bruderholz – October 2020

Week 41	Week 42	Week 43	Week 44	Week 45
	<p>Monday (05.10.20)</p> <p>Green salad with apples, cranberries and pepitas</p> <p>Green peas casserole with potatoes and feta cheese</p>	<p>Monday (12.10.20)</p> <p>Arugula salad with shaved parmesan and nuts</p> <p>Pasta e Ceci (pasta with chickpeas)</p>	<p>Monday (19.10.20)</p> <p>Beetroot soup with saffron and orange</p> <p>Savory mushroom stew with mashed potatoes and cheese</p>	<p>Monday (26.10.20)</p> <p>Salad with beluga lentils, grapes and sweet potatoes</p> <p>Garlicky lemon baked tilapia with quinoa</p>
	<p>Tuesday (06.10.20)</p> <p>Vegetable crème soup</p> <p>Giouvetsi (Greek beef stew with orzo)</p>	<p>Tuesday (13.10.20)</p> <p>Velvety broccoli soup</p> <p>Pumpkin risotto</p>	<p>Tuesday (20.10.20)</p> <p>Vichyssoise – Leek and potato soup</p> <p>Roasted sea bass with autumn vegetables</p>	<p>Tuesday (27.10.20)</p> <p>Harvest Quinoa Salad</p> <p>Mediterranean green beans casserole with mozzarella</p>
	<p>Wednesday (07.10.20)</p> <p>Trahana soup</p> <p>Gremolata couscous-stuffed peppers</p>	<p>Wednesday (14.10.20)</p> <p>Caesars brussels sprouts</p> <p>Baked salmon with potatoes and spinach</p>	<p>Wednesday (21.10.20)</p> <p>Lettuce, blueberries, apple and pistachio salad</p> <p>Veggie Hungarian goulash with bulgur</p>	<p>Wednesday (28.10.20)</p> <p>Roast carrot and fennel soup</p> <p>Peka (Croatian Lamb) with potatoes and vegetables slow cooked</p>
<p>Thursday (01.10.20)</p> <p>Radish salad with curry-orange dressing</p> <p>Pizza with tuna, capers and olives</p>	<p>Thursday (08.10.20)</p> <p>Panera squash soup with sunflower seeds</p> <p>Autumn mushrooms pasta</p>	<p>Thursday (15.10.20)</p> <p>Carrot, turmeric and soy milk soup</p> <p>Prebranac (Serbian Baked white beans)</p>	<p>Thursday (22.10.20)</p> <p>Moroccan carrot salad</p> <p>Chiftele (Romanian meatballs) with rice tomato sauce</p>	<p>Thursday (29.10.20)</p> <p>Courgette, potato and cheddar soup</p> <p>Fall mac and cheese with butternut squash</p>
<p>Friday (02.10.20)</p> <p>Lentil soup</p> <p>Pumpkin ravioli with sage brown butter</p>	<p>Friday (09.10.20)</p> <p>Tomato salad with corn, feta and hazelnuts</p> <p>British fish and chips</p>	<p>Friday (16.10.20)</p> <p>Rotisserie Kale salad</p> <p>Lemon pork and leeks stew with polenta</p>	<p>Friday (23.10.20)</p> <p>Veggie Borschtsch Soup</p> <p>Garlic Alfredo Tortellini</p>	<p>Friday (30.10.20)</p> <p>Autumn vegetable salad with saffron</p> <p>Ebly risotto with vegetables dressing</p>

Specialties according to the pedagogical theme of the month: Balkan

