



Menu Plan Bruderholz – December 2020

Week 49	Week 50	Week 51	Week 52	Week 53
Monday (30.11.20)	Monday (07.12.20) Green salad with clementine and feta cheese. Spinach Pie.	Monday (14.12.20) Cauliflower, red peppers and sunflower seeds salad. Crispy cod fish with rice and tartar sauce.	Monday (21.12.20) Spinate, almonds and sun-dried tomatoes salad. Borscht - Russian soup.	Monday (28.12.20) Holidays
Tuesday (01.12.20) Carrots and fennel salad. Hot Dogs	Tuesday (08.12.20) Panzanella salad. Sheet Pan Teriyaki Tofu and Broccoli.	Tuesday (15.12.20) Creamy curried carrot soup. Veggie schnitzel with country potatoes.	Tuesday (22.12.20) Green beans, figs and sesame salad. Tofu Moo Shu - Asian wraps.	Tuesday (29.12.20) Holidays
Wednesday (02.12.20) Vegetable sticks with hummus dip. Pelmeni - Russian dumplings.	Wednesday (09.12.20) Pumpkin soup. Creamy pasta with salmon and zucchini.	Wednesday (16.12.20) Lettuce salad with cranberries and apples. Beef Stroganoff with rice and seasonal vegetables.	Wednesday (23.12.20) Lentil, parsnip and apple soup. Whole wheat pasta carbonara.	Wednesday (30.12.20) Holidays
Thursday (03.12.20) Swiss onion soup. Peas and carrots Mediterranean stew.	Thursday (10.12.20) Tomato soup. Chicken Plov- Russian pilaf.	Thursday (17.12.20) Fresh leaves, dried fruits and halloumi salad. Whole wheat farfalle with kale pesto sauce.	Thursday (24.12.20) Boxing day soup. Slow cooker beef with sweet potatoes.	Thursday (31.12.20) Holidays
Friday (04.12.20) Mushroom soup. Fish rolls with lemon vinaigrette and boiled potatoes.	Friday (11.12.20) Mango, avocado and black lentils salad. Pizza Madness Reloaded.	Friday (18.12.20) White beans and celery soup. Greek potato and mushrooms stew.	Friday (25.12.20) Holidays	Friday (01.01.21) Holidays

Specialties according to the pedagogical theme of the month: Russia

