



Menu Plan Bruderholz – January 2021

| Week 53 | Week 01 | Week 02 | Week 03 | Week 04 |
|-----------------------------|---|---|--|---|
| Monday (28.12.20) | Monday (04.01.21) Leaks and potatoes soup. Mushroom ragout with soft polenta. | Monday (11.01.21) Creamy vegetable soup. Falafel with bulgur and tomato sauce. | Monday (18.01.21) Onions, kummel and breadcrumbs soup. Sea bass with lemon caper dressing, spinach and couscous. | Monday (25.01.21) Cauliflower soup. Pasta tricolore with soya Bolognese. |
| Tuesday (29.12.20) | Tuesday (05.01.21) Fresh season leaf salad. Zurich style sliced chicken with quinoa and vegetables. | Tuesday (12.01.21) Fennel and avocado salad. Honey ginger tofu with rice and veggie stir fry. | Tuesday (19.01.21) Arugula tomato and almonds salad. Vegetarian bratwurst with mashed potatoes and brussels sprouts. | Tuesday (26.01.21) Chunky vegetables salad. Herby baked salmon with garlic lemon sauce and boiled potatoes |
| Wednesday (30.12.20) | Wednesday (06.01.21) Roasted chickpeas soup. Swiss Alpine macaroni. | Wednesday (13.01.21) Apples, cranberries and spinach salad. Meatloaf with brown gravy, mashed potatoes and vegetables. | Wednesday (20.01.21) Lettuce salad with hard boiled eggs and gruyere cheese. Thai sweet potatoes curry with jasmine rice and veggies. | Wednesday (27.01.21) Tomato and basil soup. Creamy spaetzle with vegetables baked with mozzarella cheese. |
| Thursday (31.12.20) | Thursday (07.01.21) Lemon herb couscous salad. Sole paupiettes with rice and artichokes. | Thursday (14.01.21) Coconut and curry lentil soup. Cheesy whole wheat broccoli pasta. | Thursday (21.01.21) Minestrone soup. Pork tenderloin with honey garlic sauce, rosti croquettes and roasted okra. | Thursday (28.01.21) Hummus with pita bread. Wild mushrooms risotto. |
| Friday (01.01.21) | Friday (08.01.21) Pomegranate and pear green salad. Dinki goulash with potatoes wedges and vegetables. | Friday (15.01.21) Corn, croutons and green leaves salad. Oven baked pike perch with peas and quinoa. | Friday (22.01.21) Bavarian field salad. Whole wheat penne all arrabiata. | Friday (29.01.21) Mad Chefs salad. Turkey piccata with beans and corn. |

Specialties according to the pedagogical theme of the month: USA

