



Menu Plan Bruderholz – March 2021

Week 09	Week 10	Week 11	Week 12	Week 13
<p>Monday (01.03.21)</p> <p>Beetroot, fig and pomegranate salad with goats' cheese.</p> <p>Whole wheat pasta with artichoke and peas.</p>	<p>Monday (08.03.21)</p> <p>Carrots, ginger and turmeric soup.</p> <p>Roasted asparagus with fried eggs and couscous.</p>	<p>Monday (15.03.21)</p> <p>Spinach salad with dried cranberries and walnuts.</p> <p>Cordon Blue with oven baked curly fries.</p>	<p>Monday (22.03.21)</p> <p>Egg, cheese and tomato salad.</p> <p>Falafel with bulgur and season vegetables.</p>	<p>Monday (29.03.21)</p> <p>Cucumber and arugula salad.</p> <p>Kritharoto (Greek pasta) with shrimps in tomato sauce.</p>
<p>Tuesday (02.03.21)</p> <p>Spring vegetable soup.</p> <p>Tofu katsu curry with jasmine rice.</p>	<p>Tuesday (09.03.21)</p> <p>Marinated vegetable salad.</p> <p>Chicken fingers with tartar sauce and potatoes wedges.</p>	<p>Tuesday (16.03.21)</p> <p>Egg drop soup.</p> <p>Garlic Alfredo tortellini filled with spinach and cheese.</p>	<p>Tuesday (23.03.21)</p> <p>Mediterranean style tuna salad.</p> <p>Spinach borek.</p>	<p>Tuesday (30.03.21)</p> <p>Alphabet soup.</p> <p>Smoked Tofu scrambled with roasted vegetables ramen noodles.</p>
<p>Wednesday (03.03.21)</p> <p>Garden salad with beluga lentils.</p> <p>Kalamojakka Finnish fish stew.</p>	<p>Wednesday (10.03.21)</p> <p>Chopped Mexican salad with cilantro lime dressing.</p> <p>Creamy broccoli pasta with ricotta cheese.</p>	<p>Wednesday (17.03.21)</p> <p>Green salad with avocado and pumpkin seeds.</p> <p>Tortilla with vegetables and cream cheese roll ups.</p>	<p>Wednesday (24.03.21)</p> <p>Creamy celery soup.</p> <p>Lihapullat Finnish meatballs with potatoes, grated carrots and lingonberry jam.</p>	<p>Wednesday (31.03.21)</p> <p>Hummus veggie wraps.</p> <p>Oven baked crispy herbed cauliflower with rice.</p>
<p>Thursday (04.03.21)</p> <p>Asparagus soup.</p> <p>Creamy eibly risotto with bell peppers and zucchini</p>	<p>Thursday (11.03.21)</p> <p>Broccoli, raisins and sunflower seeds salad.</p> <p>Pickled herring with spring potatoes.</p>	<p>Thursday (18.03.21)</p> <p>Rosolli potato salad.</p> <p>Soyana dinki ragout with rice and vegetables.</p>	<p>Thursday (25.03.21)</p> <p>Vegetables stick with yogurt dip.</p> <p>Whole wheat pasta carbonara.</p>	<p>Thursday (01.04.21)</p>
<p>Friday (05.03.21)</p> <p>Niçoise salad.</p> <p>Chicken drumsticks with mushrooms and potatoes.</p>	<p>Friday (12.03.21)</p> <p>Fennel soup with peas and lemon.</p> <p>Mediterranean quinoa burgers with onion rings.</p>	<p>Friday (19.03.21)</p> <p>Lohikeitto Finnish salmon soup.</p> <p>Baked white beans with veggie bacon in tomato sauce.</p>	<p>Friday (26.03.21)</p> <p>Wild mushroom soup</p> <p>Lemon asparagus risotto.</p>	<p>Friday (02.04.21)</p>

Specialties according to the pedagogical theme of the month: Finland

