



Menu Plan Bruderholz – June 2021

Week 22	Week 23	Week 24	Week 25	Week 26
<p>Monday (31.05.21)</p>	<p>Monday (07.06.21)</p> <p>Corn, tomato and feta salad.</p> <p>Cannelloni al forno.</p>	<p>Monday (14.06.21)</p> <p>Green Salad with Crispy Croutons.</p> <p>Summer lemon, tofu and vegetable risotto.</p>	<p>Monday (21.06.21)</p> <p>Avocado, watercress, and pineapple salad.</p> <p>Sea bass Cuban style with rice and bell peppers.</p>	<p>Monday (28.06.21)</p> <p>Couscous salad with cherry tomatoes and cucumber.</p> <p>Grilled chicken skewers with Israeli salad.</p>
<p>Tuesday (01.06.21)</p> <p>Cuban green salad with avocados.</p> <p>Ropa Vieja with rice and seasonal vegetables.</p>	<p>Tuesday (08.06.21)</p> <p>Creamy vegetable and pesto soup.</p> <p>Sweet potatoes and chickpeas curry with basmati rice.</p>	<p>Tuesday (15.06.21)</p> <p>Creamy mushrooms soup.</p> <p>Whole wheat pasta with zucchini, cherry tomatoes and ricotta.</p>	<p>Tuesday (22.06.21)</p> <p>Lentils soup.</p> <p>Ratatouille with feta cheese and quinoa.</p>	<p>Tuesday (29.06.21)</p> <p>Hummus with pita bread.</p> <p>Stuffed peppers with rice and soya mince.</p>
<p>Wednesday (02.06.21)</p> <p>Minestrone soup.</p> <p>Fish with quinoa and roasted summer vegetables.</p>	<p>Wednesday (09.06.21)</p> <p>Arugula tomato and almonds salad.</p> <p>Falafel with bulgur and seasonal vegetables.</p>	<p>Wednesday (16.06.21)</p> <p>Cuban cabbage salad.</p> <p>Cuban mojo chicken with brown rice and corn.</p>	<p>Wednesday (23.06.21)</p> <p>Vegetarian Caesars salad.</p> <p>Oven baked pasta with vegetable and tomato sauce.</p>	<p>Wednesday (30.06.21)</p> <p>Chilled apples, carrot and ginger soup.</p> <p>Generals Tso's tofu with jasmine rice and sweet-sour sauce.</p>
<p>Thursday (03.06.21)</p> <p>Summer Broccoli salad.</p> <p>Spaghetti Napoli.</p>	<p>Thursday (10.06.21)</p> <p>Tomato and basil soup.</p> <p>Fried honey and garlic shrimps with couscous and roasted cauliflower.</p>	<p>Thursday (17.06.21)</p> <p>Lemongrass soup.</p> <p>Eggplant casserole with feta cheese, couscous and tomato sauce.</p>	<p>Thursday (24.06.21)</p> <p>Chilled cucumber avocado gazpacho.</p> <p>BBQ chicken wings with onion rings and roasted vegetables.</p>	<p>Thursday (01.07.21)</p>
<p>Friday (04.06.21)</p> <p>Buffalo mozzarella and chickpea salad.</p> <p>“Flammkuchen”.</p>	<p>Friday (11.06.21)</p> <p>Cuban confetti salad.</p> <p>Pork steaks Cuban style with onions and oven baked potatoes.</p>	<p>Friday (18.05.21)</p> <p>Roasted peppers and courgette salad.</p> <p>Salmon tray with sweet potatoes and vegetables.</p>	<p>Friday (25.06.21)</p> <p>Vegetable sticks with tzatziki dip.</p> <p>Tortilla pizza margherita.</p>	<p>Friday (02.07.21)</p>

Specialties according to the pedagogical theme of the month: Cuba

