



Menu Plan Bruderholz – July 2021

| Week 26 | Week 27 | Week 28 | Week 29 | Week 30 |
|---|--|---|---|---|
| | <p>Monday (05.07.21)</p> <p>Potato - eggs and tomato salad.</p> <p>Quinoa - lentil stuffed eggplants with tomato sauce.</p> | <p>Monday (12.07.21)</p> <p>Egg - pea and basil salad.</p> <p>Veggie cheeseburgers with twister potatoes and broccoli.</p> | <p>Monday (19.07.21)</p> <p>Roasted vegetables and halloumi salad.</p> <p>Steamed sea bream with bulgur.</p> | <p>Monday (26.07.21)</p> <p>Greek salad.</p> <p>Veggie kritharaki Bolognese with summer vegetables.</p> |
| | <p>Tuesday (06.07.21)</p> <p>Mexican salad.</p> <p>Greek style shrimp with orzo Yiouvetsi.</p> | <p>Tuesday (13.07.21)</p> <p>Pea soup with parmesan croutons.</p> <p>Penne Amatriciana.</p> | <p>Tuesday (20.07.21)</p> <p>South African potato salad.</p> <p>Durban chicken curry with tabbouleh.</p> | <p>Tuesday (27.07.21)</p> <p>Couscous, cucumber and tomato salad.</p> <p>Dinky ragout with mashed potatoes and corn.</p> |
| | <p>Wednesday (07.07.21)</p> <p>South African three bean salad.</p> <p>Bobotie, South African mince pie.</p> | <p>Wednesday (14.07.21)</p> <p>Bulgur salad with chestnuts and pineapple.</p> <p>Grilled salmon with avocado salad and quinoa.</p> | <p>Wednesday (21.07.21)</p> <p>Veggie chicken salad with yogurt dressing.</p> <p>Pesto pasta with vegetable salsa.</p> | <p>Wednesday (28.07.21)</p> <p>Lettuce salad with hard boiled eggs and gruyere cheese.</p> <p>Sweet potato curry with rice and Asian vegetables.</p> |
| <p>Thursday (01.07.21)</p> <p>Tomato - melon and mint salad.</p> <p>Italian summer garden whole-wheat pasta.</p> | <p>Thursday (08.07.21)</p> <p>Summer fruits and goat cheese salad.</p> <p>American mac n cheese pasta.</p> | <p>Thursday (15.07.21)</p> <p>Chakalaka salad from South Africa.</p> <p>South African Yellow rice with pork chops.</p> | <p>Thursday (22.07.21)</p> <p>Carrot, turmeric and soymilk detox soup.</p> <p>Coconut curry tofu with jasmine rice and Asian vegetables.</p> | <p>Thursday (29.07.21)</p> <p>Fresh green salad with feta cheese and watermelon.</p> <p>Fish and chips with peas.</p> |
| <p>Friday (02.07.21)</p> <p>Tuna special salad.</p> <p>Nasi goreng</p> | <p>Friday (09.07.21)</p> <p>Tomato and bread soup.</p> <p>Stuffed portobello mushrooms with oven baked potatoes.</p> | <p>Friday (16.07.21)</p> <p>Cucumber and zucchini summer salad.</p> <p>Mediterranean stew with wild mushroom and couscous.</p> | <p>Friday (23.07.21)</p> <p>Finocchio -oranges and capers salad.</p> <p>Oven baked vegetables spaetzle.</p> | <p>Friday (30.07.21)</p> <p>Tomatoes and mozzarella salad.</p> <p>Hot dogs with pickled cucumber and crispy fried onions.</p> |

Specialties according to the pedagogical theme of the month: South Africa

