

Menu Plan Bruderholz – September 2021

Week 35	Week 36	Week 37	Week 38	Week 39
Monday (30.08.21)	Monday (06.09.21)	Monday (13.09.21)	Monday (20.09.21)	Monday (27.09.21)
	Lettuce salad with hard	Creamy celery soup.	Salad Hawaiian style.	Lemongrass soup.
	boiled eggs and gruyere cheese.	Soya mince and vegetables stir fry with	Honey glazed salmon with brown rice and	Vial meatballs with potato puree and green
	Vegetarian bratwurst with mashed potatoes and brussels sprouts.	bulgur.	steamed vegetables.	vegetables.
Tuesday (31.08.21)	Tuesday (07.09.21)	Tuesday (14.09.21)	Tuesday (21.09.21)	Tuesday (28.09.21)
	Green salad with marinated mushrooms	Tomato, cucumber and chili sambal.	Minestrone soup. Savory mushroom stew	Indian spinach salad. Goan fish curry with
	and cranberries. Cheesy whole wheat broccoli pasta.	Tandoori chicken with turmeric rice and roasted cauliflower.	with mashed potatoes.	jasmine rice.
Wednesday (01.09.21)	Wednesday (08.09.21)	Wednesday (15.09.21)	Wednesday (22.09.21)	Wednesday (29.09.21)
Vegetable sticks with soft	Indian carrot soup.	Fennel and avocado	Wild mushroom soup.	Vegetarian Caesars
cheese dip.	Vegetable Biryani with baked tofu and basmati	salad.	Chicken Cordon Bleu	salad.
Garlicky lemon tilapia fish with herbed rice.	rice.	Whole wheat pasta carbonara.	with French fries and broccoli.	Spaetzle with Gruyere cheese and caramelized onions.
Thursday (02.09.21)	Thursday (09.0921)	Thursday (16.09.21)	Thursday (23.09.21)	Thursday (30.09.21)
Russian potato salad.	Salad with iceberg,	Harvest quinoa salad.	Palak soup from India.	Creamy kohlrabi soup.
Tagliatelle with burrata	glazed carrots and apples.	Grilled sea bass with	Chana Masala.	Pasta Mafiozo.
cheese, cherry tomatoes and pine nuts.	Chicken piccata with couscous and steamed peas.	boiled potatoes and peperonata.		
Friday (03.09.21)	Friday (10.09.21)	Friday (17.09.21)	Friday (24.09.21)	Friday (01.10.21)
Salad with beluga lentils,	Creamy tomato soup.	Niçoise salad.	Eggplant and cheese dip	
grapes and croutons. Pizza Madness.	British fish and chips.	Falafel with couscous and seasonal vegetables.	with pita bread. Risotto all Milanese.	
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Origin of the meat: Chicken, Lamb and Pork: CH; Beef and Veal: CH, Region