



Menu Plan Bruderholz – May 2022

Week 18	Week 19	Week 20	Week 21	Week 22
<p>Monday (02.05.22)</p> <p>Israeli salad.</p> <p>Asparagus and cheese omelet with spaetzle and steamed vegetables.</p>	<p>Monday (09.05.22)</p> <p>Lentil and black bean salad.</p> <p>Creamy wholewheat pasta with spinach, mushroom and cherry tomato.</p>	<p>Monday (16.05.22)</p> <p>Vegetable sticks with hummus dip.</p> <p>Austrian fried chicken with bulgur and asparagus.</p>	<p>Monday (23.05.22)</p> <p>Miso tofu soup.</p> <p>Sweet potato curry with basmati rice and Asian vegetables.</p>	<p>Monday (30.05.22)</p> <p>Cucumber salad.</p> <p>Veggie burgers with sweet potatoes fries and vegetables.</p>
<p>Tuesday (03.05.22)</p> <p>Vegan Caesar salad.</p> <p>Mediterranean spinach risotto.</p>	<p>Tuesday (10.05.22)</p> <p>Broccoli soup.</p> <p>Falafel with tomato sauce, rice and vegetables.</p>	<p>Tuesday (17.05.22)</p> <p>Egg and cheese salad.</p> <p>Courgette and potato ragout.</p>	<p>Tuesday (24.05.22)</p> <p>Waldorf salad.</p> <p>Wiener sausages premium hotdogs.</p>	<p>Tuesday (31.05.22)</p> <p>Avocado and tomato salad.</p> <p>Tropical salmon with boiled potatoes and spinach.</p>
<p>Wednesday (04.05.22)</p> <p>Chickpea and feta salad.</p> <p>Spring vegetable lasagna.</p>	<p>Wednesday (11.05.22)</p> <p>Austrian potato salad.</p> <p>Tafelspitz, Austrian boiled beef.</p>	<p>Wednesday (18.05.22)</p> <p>Greek salad.</p> <p>Stuffed bell peppers with vegan mince and couscous.</p>	<p>Wednesday (25.05.22)</p> <p>Shaved carrot and radish salad.</p> <p>Sicilian cauliflower and chickpea stew with fluffy couscous.</p>	<p>Wednesday (01.06.22)</p>
<p>Thursday (05.05.22)</p> <p>Chef's salad.</p> <p>Vegetable ratatouille with white bean and bulgur.</p>	<p>Thursday (12.05.22)</p> <p>Marinated tofu and avocado salad.</p> <p>Crispy parmesan fried zucchini with quinoa and yogurt sauce.</p>	<p>Thursday (19.05.22)</p> <p>Fresh green salad with roasted vegetables.</p> <p>Cannelloni with lentil and cheese Bolognese.</p>	<p>Thursday (26.05.22)</p> <p>Ascension Day.</p>	<p>Thursday (02.06.22)</p>
<p>Friday (06.05.22)</p> <p>Austrian garlic soup.</p> <p>Wiener Schnitzel with wedge potatoes and glazed carrots.</p>	<p>Friday (13.05.22)</p> <p>Grilled asparagus salad.</p> <p>Lemon baked tilapia with boiled potato and seasonal vegetables.</p>	<p>Friday (20.05.22)</p> <p>Tomato soup with croutons.</p> <p>Variety of open-faced sandwiches.</p>	<p>Friday (27.05.22)</p> <p>Detox salad.</p> <p>Vegan penne con pollo.</p>	<p>Friday (03.06.22)</p>

Specialties according to the pedagogical theme of the month: Austria.

