



Menu Plan Bruderholz – September 2022

Week 35	Week 36	Week 37	Week 38	Week 39
<p>Monday (29.08.22)</p>	<p>Monday (05.09.22)</p> <p>Fruit and goat cheese salad.</p> <p>Falafel with yogurt sauce, rice and carrots.</p>	<p>Monday (12.09.22)</p> <p>Hummus with pita bread.</p> <p>Ratatouille with feta cheese and bulgur.</p>	<p>Monday (19.09.22)</p> <p>Olive bread with eggplant spread.</p> <p>Sicilian beef ragout with quinoa and vegetables.</p>	<p>Monday (26.09.22)</p> <p>Cheese breadsticks.</p> <p>Minestrone soup.</p>
<p>Tuesday (30.08.22)</p>	<p>Tuesday (06.09.22)</p> <p>Raisin and apples salad.</p> <p>Tomato wheat pilaf with lentils and vegetables.</p>	<p>Tuesday (13.09.22)</p> <p>Cauliflower salad.</p> <p>Veal sausages with rosti, vegetables and onion sauce.</p>	<p>Tuesday (20.09.22)</p> <p>Lemongrass soup.</p> <p>Vegetarian chicken curry with couscous and grilled vegetables.</p>	<p>Tuesday (27.09.22)</p> <p>Sicilian chickpeas salad.</p> <p>Whole wheat pasta with Sicilian pesto.</p>
<p>Wednesday (31.08.22)</p>	<p>Wednesday (07.09.22)</p> <p>Fennel and orange salad.</p> <p>Pasta con le Sarde.</p>	<p>Wednesday (14.09.22)</p> <p>Carrot and turmeric soup.</p> <p>Coconut curry tofu with jasmine rice and Asian vegetables.</p>	<p>Wednesday (21.09.22)</p> <p>Broccoli salad.</p> <p>Stuffed bell peppers with rice and soya mince.</p>	<p>Wednesday (28.09.22)</p> <p>Beetroot salad.</p> <p>Homemade chicken Cordon bleu with thyme potatoes and steamed vegetables.</p>
<p>Thursday (01.09.22)</p> <p>Sicilian egg salad.</p> <p>Whole wheat pasta Siciliana.</p>	<p>Thursday (08.09.22)</p> <p>Green salad with garlic croutons.</p> <p>Pork steak with quinoa bulgur and peperonata.</p>	<p>Thursday (15.09.22)</p> <p>Couscous, cucumber and tomato salad.</p> <p>Quorn ragout with mashed potatoes and peas.</p>	<p>Thursday (22.09.22)</p> <p>Vegetable sticks with yogurt dip.</p> <p>Whole wheat pasta Napoletana with cottage cheese.</p>	<p>Thursday (29.09.22)</p> <p>Farmers salad.</p> <p>Hawaiian loco moco.</p>
<p>Friday (02.09.22)</p> <p>Chopped salad.</p> <p>Chicken drumstick with rosemary potatoes and seasonal vegetables.</p>	<p>Friday (09.09.22)</p> <p>Fresh green salad.</p> <p>Pizza Madness.</p>	<p>Friday (16.09.22)</p> <p>Sicilian bean salad.</p> <p>Whole wheat pasta alla Norma.</p>	<p>Friday (23.09.22)</p> <p>Swiss mixed salad.</p> <p>Perch filets with french fries and peas.</p>	<p>Friday (30.09.22)</p> <p>Caesars salad.</p> <p>Vegetarian Moussaka.</p>

Specialties according to the pedagogical theme of the month: Sicily

