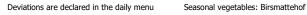


Menu Plan Bruderholz – September 2022

Week 35	Week 36	Week 37	Week 38	Week 39
M I (20.00.20)				
Monday (29.08.22)	Monday (05.09.22)	Monday (12.09.22)	Monday (19.09.22)	Monday (26.09.22)
	Fruit and goat cheese salad.	Hummus with pita bread.	Olive bread with eggplant spread.	Cheese breadsticks.
	Falafel with yogurt sauce, rice and carrots.	Ratatouille with feta cheese and bulgur.	Sicilian beef ragout with quinoa and vegetables.	Minestrone soup.
T (20.00.00)				T (27.00.22)
Tuesday (30.08.22)	Tuesday (06.09.22)	Tuesday (13.09.22)	Tuesday (20.09.22)	Tuesday (27.09.22)
	Raisin and apples salad.	Cauliflower salad.	Lemongrass soup.	Sicilian chickpeas salad.
	Tomato wheat pilaf with lentils and vegetables.	Veal sausages with rosti, vegetables and onion sauce.	Vegetarian chicken curry with couscous and grilled vegetables.	Whole wheat pasta with Sicilian pesto.
Wednesday (31.08.22)	Wednesday (07.09.22)	Wednesday (14.09.22)	Wednesday (21.09.22)	Wednesday (28.09.22
	Fennel and orange salad.	Carrot and turmeric soup.	Broccoli salad.	Beetroot salad.
	Pasta con le Sarde.	Coconut curry tofu with jasmine rice and Asian vegetables.	Stuffed bell peppers with rice and soya mince.	Homemade chicken Cordon bleu with thyme potatoes and steamed vegetables.
Thursday (01.09.22)	Thursday (08.09.22)	Thursday (15.09.22)	Thursday (22.09.22)	Thursday (29.09.22)
Sicilian egg salad. Whole wheat pasta Siciliana.	Green salad with garlic croutons.	Couscous, cucumber and tomato salad.	Vegetable sticks with yogurt dip.	Farmers salad. Hawaijan loco moco.
	Pork steak with quinoa bulgur and peperonata.	Quorn ragout with mashed potatoes and peas.	Whole wheat pasta Napoletana with cottage cheese.	
Friday (02.09.22)	Friday (09.09.22)	Friday (16.09.22)	Friday (23.09.22)	Friday (30.09.22)
Chopped salad.	Fresh green salad.	Sicilian bean salad.	Swiss mixed salad.	Caesars salad.
Chicken drumstick with rosemary potatoes and seasonal vegetables.	Pizza Madness.	Whole wheat pasta alla Norma.	Perch filets with french fries and peas.	Vegetarian Moussaka.



Fourchette