



Menu Plan Bruderholz – December 2022

Week 48	Week 49	Week 50	Week 51	Week 52
<p>Monday (28.11.22)</p>	<p>Monday (05.12.22)</p> <p>Grapefruit, goat cheese and fennel salad.</p> <p>Creamy spinach mac and cheese.</p>	<p>Monday (12.12.22)</p> <p>Sweet potato and pumpkin soup.</p> <p>Veggie meatloaf with quinoa and steamed broccoli.</p>	<p>Monday (19.12.22)</p> <p>Faro and white bean salad.</p> <p>Quorn ragout with rice and seasonal vegetables.</p>	<p>Monday (26.12.22)</p> <p>Xmas Holidays.</p>
<p>Tuesday (29.11.22)</p>	<p>Tuesday (06.12.22)</p> <p>Cauliflower and chestnut soup.</p> <p>Slow cooker honey and mustard pork loin with bulgur.</p>	<p>Tuesday (13.12.22)</p> <p>North pole salad.</p> <p>Laplandic cabbage risotto.</p>	<p>Tuesday (20.12.22)</p> <p>Mandarin and orange salad.</p> <p>Whole wheat pasta Alaska, with salmon and peas.</p>	<p>Tuesday (27.12.22)</p> <p>Xmas Holidays.</p>
<p>Wednesday (30.11.22)</p>	<p>Wednesday (07.12.22)</p> <p>Keto broccoli salad.</p> <p>White beans and sun-dried tomato gnocchi.</p>	<p>Wednesday (14.12.22)</p> <p>Chickpeas soup.</p> <p>Brown butter pumpkin tortellini with sage and provolone.</p>	<p>Wednesday (21.12.22)</p> <p>Mediterranean salad.</p> <p>Veggie frikadelles deluxe with quinoa, tomato sauce and fried eggs.</p>	<p>Wednesday (28.12.22)</p> <p>Xmas Holidays.</p>
<p>Thursday (01.12.22)</p> <p>Brussel sprout salad.</p> <p>Zucchini, chickpeas, leeks and feta gratin with couscous.</p>	<p>Thursday (08.12.22)</p> <p>Carrot and parsnip soup.</p> <p>Sweet and sour tofu with basmati rice.</p>	<p>Thursday (15.12.22)</p> <p>Crunch salad.</p> <p>Beef steaks with mashed potato and grilled vegetables.</p>	<p>Thursday (22.12.22)</p> <p>Quinoa salad with cranberries and nuts.</p> <p>Whole wheat pasta Napoletana with cottage cheese.</p>	<p>Thursday (29.12.22)</p> <p>Xmas Holidays.</p>
<p>Friday (02.12.22)</p> <p>Winter vegetables and lentil soup.</p> <p>Veggie Loco Moco with Jasmine rice.</p>	<p>Friday (09.12.22)</p> <p>Lapish Tapas.</p> <p>Zander Walewska (fish recipe from Lapland).</p>	<p>Friday (16.12.22)</p> <p>Mushroom soup.</p> <p>Stove top cheese Quesadillas.</p>	<p>Friday (23.12.22)</p> <p>Fresh green salad.</p> <p>Garlic herb butter roasted chicken with rosemary potato and glazed carrot.</p>	<p>Friday (30.12.22)</p> <p>Xmas Holidays.</p>

Specialties according to the pedagogical theme of the month: Lapland

