



Menu Plan Bruderholz – January 2023

Week 1	Week 2	Week 3	Week 4	Week 5
<p>Monday (02.01.23)</p> <p>Halloumi, carrot and orange salad.</p> <p>Spinach and ricotta lasagna.</p>	<p>Monday (09.01.23)</p> <p>Harira soup.</p> <p>Falafel with couscous, glazed carrot and yogurt sauce.</p>	<p>Monday (16.01.23)</p> <p>Lettuce salad with cranberries and apples.</p> <p>Vegetarian Stroganoff with spaetzle and seasonal vegetables.</p>	<p>Monday (23.01.23)</p> <p>Norwegian farmers salad.</p> <p>Farikal Norwegian lamb and cabbage stew.</p>	<p>Monday (30.01.23)</p> <p>Irish leek and potato soup.</p> <p>Risotto four cheese.</p>
<p>Tuesday (03.01.23)</p> <p>Fresh green salad with corn and beetroot.</p> <p>Chicken gyros with French fries and tzatziki.</p>	<p>Tuesday (10.01.23)</p> <p>Chopped bean salad.</p> <p>Winter primavera whole wheat pasta with cottage cheese.</p>	<p>Tuesday (17.01.23)</p> <p>Barley salad.</p> <p>Ribbe, Norwegian roasted pork ribs with rosemary potato and seasonal vegetables.</p>	<p>Tuesday (24.01.23)</p> <p>Mediterranean chickpeas soup.</p> <p>Vegetarian shepherd's pie.</p>	<p>Tuesday (31.01.23)</p> <p>Sweet potato and carrot soup.</p> <p>Oven baked white beans with tomato sauce.</p>
<p>Wednesday (04.01.23)</p> <p>Egg and cheese salad.</p> <p>Whole wheat pasta pesto.</p>	<p>Wednesday (11.01.23)</p> <p>Cauliflower and radish salad.</p> <p>Norwegian meatballs with wedges potato and creamy demi-glace sauce.</p>	<p>Wednesday (18.01.23)</p> <p>Chicken bouillon alphabet soup.</p> <p>Vegetarian sausages with rosti and onion sauce.</p>	<p>Wednesday (25.01.23)</p> <p>Tomato soup.</p> <p>Mushrooms and seitan vol au vin with rice and seasonal vegetables.</p>	<p>Wednesday (01.02.23)</p>
<p>Thursday (05.01.23)</p> <p>Mediterranean lentil soup.</p> <p>Wild mushrooms risotto.</p>	<p>Thursday (12.01.23)</p> <p>Pomegranate, walnut and arugula salad.</p> <p>Coconut curry tofu with jasmine rice and asian vegetables.</p>	<p>Thursday (19.01.23)</p> <p>Quorn Ceasars salad.</p> <p>Creamy whole wheat pasta with kale and broccoli.</p>	<p>Thursday (26.01.23)</p> <p>Creamy spinach soup.</p> <p>Fish rolls with lemon vinaigrette and herbed boiled potatoes.</p>	<p>Thursday (02.02.23)</p>
<p>Friday (06.01.23)</p> <p>Cucumber salad from Norway.</p> <p>Lutefisk with mashed potato, peas and lemon mustard sauce.</p>	<p>Friday (13.01.23)</p> <p>Mango, avocado and black lentils salad.</p> <p>Pizza Madness.</p>	<p>Friday (20.01.23)</p> <p>Pumpkin soup.</p> <p>General Tso's tofu stir fry with basmati rice.</p>	<p>Friday (27.01.23)</p> <p>Mushroom soup.</p> <p>Omelete, cheese and tortilla wrap.</p>	<p>Friday (03.02.23)</p>

Specialties according to the pedagogical theme of the month: Norway

