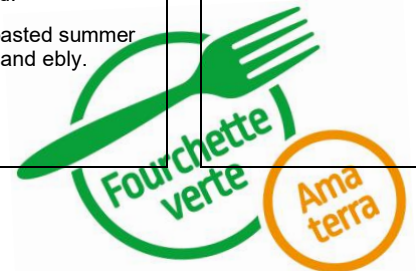




Menu Plan Bruderholz – September 2025

Week 36	Week 37	Week 38	Week 39	Week 40
Monday (01.09.25) Mexican corn salad. Veggie dinky stroganoff with steamed rice and vegetables.	Monday (08.09.25) Lamb's lettuce, roasted aubergine and hard-boiled egg salad. Alpine macaroni with apple sauce.	Monday (15.09.25) Cabbage and carrot salad. Tofu stir-fry with bell peppers and jasmine rice.	Monday (22.09.25) Caprese salad. Chickpeas curry with couscous and vegetables.	Monday (29.09.25) Quinoa and corn salad. Butter chicken with rice and vegetables.
Tuesday (02.09.25) Cucumber dill salad. Tofu and egg stir-fry with glass noodles and vegetables.	Tuesday (09.09.25) Carrot and beetroot salad. Soja chunk casserole with sweet potato and peas.	Tuesday (16.09.25) Radish and cucumber salad. Smoked tempeh with quinoa and broccoli.	Tuesday (23.09.25) Fresh green salad with croutons. Catalan beef stew with grilled polenta.	Tuesday (30.09.25) Mixed bean salad with walnuts. Macaroni and cheese, Nonna's recipe.
Wednesday (03.09.25) Mixed green salad with roasted peppers. Grilled chicken and rösti with summer vegetables.	Wednesday (10.09.25) Greek salad. Chana masala and cauliflower curry with eby.	Wednesday (17.09.25) Fresh green salad. Whole wheat creamy smoked salmon pasta.	Wednesday (24.09.25) Grilled vegetables salad. Falafel with roasted potatoes and tzatziki.	Wednesday (01.10.25)
Thursday (04.09.25) Melon and mint salad. Fish fingers with tartar sauce and jasmine rice.	Thursday (11.09.25) Pipirrana salad. Spanish meatballs with roasted bell peppers and couscous.	Thursday (18.09.25) Fennel and apple salad. Vegetarian lentil and vegetable stew with brown rice.	Thursday (25.09.25) Caesar salad. Whole wheat pasta with roasted vegetables and creamy tomato sauce.	Thursday (02.10.25)
Friday (05.09.25) Tomato, avocado and feta salad. Huevos rotos with potatoes, fried eggs and vegetables.	Friday (12.09.25) Daycare is Closed	Friday (19.09.25) Ensalada mixta. Spanish chicken with roasted green beans and sweet potatoes.	Friday (26.09.25) Potato salad. Fish with roasted summer vegetables and eby.	Friday (03.10.25)



Specialties according to the pedagogical theme of the month: Spain

Deviations are declared in the daily menu Seasonal fruit and vegetables: Coop, Prodega and veal: CH, regional

Meat origin: Chicken, lamb and pork: CH; Beef