



## Menu Plan Bruderholz – October 2025

Week 40	Week 41	Week 42	Week 43	Week 44
<b>Monday (29.09.25)</b>  	<b>Monday (06.10.25)</b> Mixed salad.  Sweet potato curry with tofu and vegetables, served with basmati rice.	<b>Monday (13.10.25)</b> <b>Fresh carrot salad.</b>  <b>Mongolian beef &amp; broccoli, served with fragrant rice.</b>	<b>Monday (20.10.25)</b> Creamy celery soup.  Ebly risotto with tomato sauce, garden vegetables & soy chunks.	<b>Monday (27.10.25)</b>  Roasted vegetable salad.  Pan-seared salmon with steamed green beans and fragrant rice.
<b>Tuesday (30.09.25)</b>  	<b>Tuesday (07.10.25)</b> Egg and cheese salad.  Whole wheat pasta Napoletana with roasted vegetables.	<b>Tuesday (14.10.25)</b> Velvety pumpkin soup.  Rich vegetarian stroganoff with fluffy couscous and seasonal vegetables.	<b>Tuesday (21.10.25)</b> <b>Colorful capital salad with fresh herbs.</b>  <b>Mongolian chicken with brown rice &amp; wok vegetables.</b>	<b>Tuesday (28.10.25)</b>  Minestrone soup.  Lemony bulgur with seasonal vegetables and balsamic-glazed tofu.
<b>Wednesday (01.10.25)</b> Velvety creamy vegetable soup.  Masala soy chunks casserole with orzo and vibrant vegetables.	<b>Wednesday (08.10.25)</b> Sweet corn salad.  Chicken Cordon Blue with oregano potatoes and vegetables.	<b>Wednesday (15.10.25)</b> Classic Caesar salad with crunchy croutons.  Whole wheat pasta Cinque Pi.	<b>Wednesday (22.10.25)</b> Playful alphabet soup.  Zucchini piccata in tomato sauce with thyme potatoes & vegetables.	<b>Wednesday (29.10.25)</b> Cucumber and carrot salad.  One pot Mongolian lamb with rice and vegetables.
<b>Thursday (02.10.25)</b> Roasted butternut squash soup.  Crispy veggie nuggets with rice and steamed broccoli.	<b>Thursday (09.10.25)</b> Beetroot salad. Fish Bordelaise with bulgur and vegetables.	<b>Thursday (16.10.25)</b> Creamy carrot soup with herbs.  Garlicky sesame tofu with glass noodles and colorful vegetables.	<b>Thursday (23.10.25)</b> Rustic leek & potato soup.  Indonesian-style tofu Nasi Goreng.	<b>Thursday (30.10.25)</b> Greek salad.  Hornli pasta with minced meat and a side of applesauce.
<b>Friday (03.10.25)</b> Harvest autumn lentil salad.  Savory pinza variation.	<b>Friday (10.10.25)</b> Fresh green salad with croutons.  Whole wheat pasta vegetarian Bolognese.	<b>Friday (17.10.25)</b> Crisp cucumber salad. Golden rösti with fried eggs and seasonal vegetables.	<b>Friday (24.10.25)</b> Golden turmeric cauliflower soup.  Oven-baked cannelloni al forno with rich filling & sauce.	<b>Friday (31.10.25)</b> Pastina soup with tender peas and sweet carrots.  Pita pockets with grilled chicken, assorted vegetables, and tzatziki.

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