



Menu Plan Bruderholz – January 2026

Week 01

Week 02

Week 03

Week 04

Week 05

Monday (29.12.25)

Monday (05.01.26)

Monday (12.01.26)

Herbed creamy tomato soup.

Monday (19.01.26)

Monday (26.01.26)

Pumpkin soup.
General Tso's tofu with basmati rice and Asian vegetables.

Sticky honey-garlic chicken wings with French fries and vegetables.

Creamy vegetable soup.
Vegetarian chili con carne with herb rice.

Corn salad with crouton.
Sweet potato curry with chickpeas and Asian vegetables.

Tuesday (30.12.25)

Tuesday (06.01.26)

Tuesday (13.01.26)

Tuesday (20.01.26)

Tuesday (27.01.26)

Spinach, kale, and berries salad.
Maple-glazed baked chicken with mashed potatoes and broccoli.

Sicilian bean salad.
Whole wheat pasta alla Norma

Crispy tofu salad.
Whole wheat pasta with creamy broccoli sauce.

Green mixed salad.
Vegetarian sausages with onion sauce, rosti and seasonal vegetables.

Wednesday (31.12.25)

Wednesday (07.01.26)

Wednesday (14.01.26)

Wednesday (21.01.26)

Wednesday (28.01.26)

Creamy vegetable soup.
Vegetarian stroganoff with Eby and winter vegetables.

Alphabet soup.
Falafel with oregano potatoes, seasonal vegetables, and yogurt sauce.

Roasted cauliflower soup with cheddar.
Poutine– traditional Canadian street food.

Minestrone soup.
Aroz con Pollo. One pot chicken with rice from South America.

Thursday (01.01.26)

Thursday (08.01.26)

Thursday (15.01.26)

Thursday (22.01.26)

Thursday (29.01.26)

Cheesy lentil soup.
Whole wheat pasta Mafioso.

Fresh green salad with corn.
Fish and chips with peas.

Broccoli cream soup.
Stuffed bell peppers with rice, soya mince, and curry béchamel.

Iceberg lettuce salad with boiled eggs and golden croutons
Eby risotto with crispy tofu, bell peppers, and zucchini.

Friday (02.01.26)

Friday (09.01.26)

Friday (16.01.26)

Friday (23.01.26)

Friday (30.01.26)

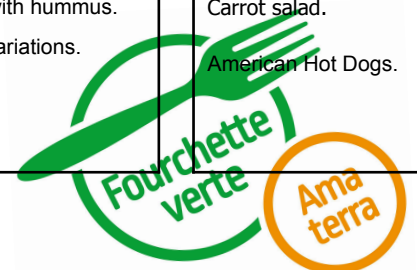
Fresh green salad.
Fish Bordelaise with steamed rice and vegetables.

Caesar salad.
Californian omelette with buttered spaetzle.

Quinoa salad with cranberries, pumpkin, and sunflower seeds.
Whole wheat pasta Napoletana with cottage cheese.

Pita bread with hummus.
Mini pizza variations.

Carrot salad.
American Hot Dogs.



Specialties according to the pedagogical theme of the month: Canada.

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