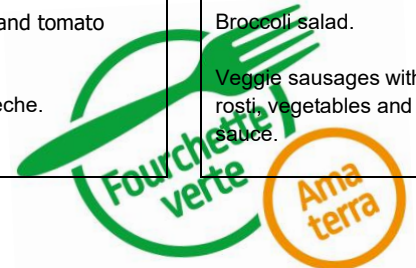




Menu Plan Bruderholz – October 2026

Week 40	Week 41	Week 42	Week 43	Week 44
Monday (28.09.26) Corn Salad. Alpine Macaroni with Apple Sauce.	Monday (05.10.26) Swiss cheese and dried figs salad. Eblysotto with veggie chicken chunks, zucchini and cherry tomatoes.	Monday (12.10.26) Ensalada Rusa, Peruvian beet salad. Pollo a la Brasa with garlic potatoes and vegetables.	Monday (19.10.26) Vegetarian Caesars salad. Oven baked pasta with vegetable and tomato sauce.	Monday (26.10.26) Chopped vegetables salad. Soja chunks stroganoff with rice and seasonal vegetables.
Tuesday (29.09.26) Beetroot Salad. Fish Nuggets with Rice and Peas.	Tuesday (06.10.26) Solverito, Peruvian chopped salad. Aji de Gallina, Peruvian chicken stew with rice and vegetables.	Tuesday (13.10.26) Green salad with garlicky croutons. Sweet and sour tofu with basmati rice and broccoli.	Tuesday (20.10.26) Beetroot and feta salad. Falafel with yogurt sauce, sweet potatoes and vegetables.	Tuesday (27.10.26) Mediterranean salad. Sweet potato curry with bulgur and vegetables.
Wednesday (30.09.26) Cucumber Salad. Chicken Schnitzel with Ebly and Vegetables.	Wednesday (07.10.26) Cucumber salad. Mezze penne tricolore with lentil bolognese.	Wednesday (14.10.26) Lentils and cottage cheese salad. Whole wheat pasta mafioso.	Wednesday (21.10.26) Fresh green salad with grilled cheese. Gardener's pie.	Wednesday (28.10.26) Peruvian bean salad. Seco de Carne, beef stew with baked potatoes and vegetables.
Thursday (01.10.26) Lentil Salad. Pasta Pomodoro with Cottage Cheese.	Thursday (08.10.26) Thai carrot salad. General Cho's tofu with glass noodles.	Thursday (15.10.26) Green salad. Salmon with wild garlic crust, bulgur and vegetables.	Thursday (22.10.26) Cucumber salad. Lomo Saltado, Peruvian beef with rice and vegetables.	Thursday (29.10.26) Veggie salad mix. Hornli soja minced with applesauce.
Friday (02.10.26) Egg Salad. Pizza Variation.	Friday (09.10.26) Avocado and tomato salad. Premium chicken fingers with rosemary potatoes and vegetables.	Friday (16.10.26) Roasted vegetable salad. Californian omelet with sweet potatoes.	Friday (23.10.26) Mozzarella and tomato salad. Flammekueche.	Friday (30.10.26) Broccoli salad. Veggie sausages with rosti, vegetables and onion sauce.



Specialties according to the pedagogical theme of the month: Peru

Deviations are declared in the daily menu

Seasonal fruit and vegetables: Coop, Prodega ——— Meat origin: Chicken, lamb and pork: CH, Beef and veal: CH, regional