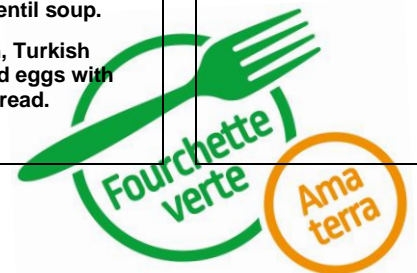




Menu Plan Bruderholz – October 2023

| Week 40 | Week 41 | Week 42 | Week 43 | Week 44 |
|--|--|---|---|--|
| <p>Monday (02.10.23)</p> <p>Fresh green salad with croutons.</p> <p>Whole wheat pasta Napoletana with cottage cheese.</p> | <p>Monday (09.10.23)</p> <p>Middle east cauliflower salad.</p> <p>Chicken doner kebab with pita bread and french fries.</p> | <p>Monday (16.10.23)</p> <p>Split pea soup.</p> <p>Veggie burgers with thyme potatoes and glazed carrots.</p> | <p>Monday (23.10.23)</p> <p>Crunch salad.</p> <p>Beef steaks with mashed potato and grilled vegetables.</p> | <p>Monday (30.10.23)</p> <p>Potato and leek soup.</p> <p>Whole wheat pasta chicken mafioso.</p> |
| <p>Tuesday (03.10.23)</p> <p>Tomato and avocado salad.</p> <p>Veggie Stroganoff with quinoa bulgur and seasonal vegetables.</p> | <p>Tuesday (10.10.23)</p> <p>Cranberries, broccoli, and tofu salad.</p> <p>White beans and sun-dried tomato gnocchi.</p> | <p>Tuesday (17.10.23)</p> <p>Red cabbage, carrot lentil salad.</p> <p>Mac and Cheese.</p> | <p>Tuesday (24.10.23)</p> <p>Pumpkin soup.</p> <p>Sweet and sour tofu with jasmine rice and asian vegetables.</p> | <p>Tuesday (31.10.23)</p> <p>Roasted beet and feta salad.</p> <p>Veggie Shepards pie.</p> |
| <p>Wednesday (04.10.23)</p> <p>Mediterranean couscous salad.</p> <p>Tofu curry with basmati rice and asian vegetables.</p> | <p>Wednesday (11.10.23)</p> <p>Veggie Ceasars salad.</p> <p>Alpine Macaroni with apple mouse.</p> | <p>Wednesday (18.10.23)</p> <p>Shepherd's salad.</p> <p>Turkish chicken, couscous, and roasted vegetables.</p> | <p>Wednesday (25.10.23)</p> <p>Chopped salad.</p> <p>Autumn primavera pasta with cottage cheese.</p> | <p>Wednesday (01.11.23)</p> |
| <p>Thursday (05.10.23)</p> <p>Panzanella chopped salad.</p> <p>Whole wheat pasta Bolognese.</p> | <p>Thursday (12.10.23)</p> <p>Chickpeas soup.</p> <p>Veggie sausages shakshuka with oregano potatoes.</p> | <p>Thursday (19.10.23)</p> <p>Tomato soup.</p> <p>Veggie Chili con Carne with herbed rice.</p> | <p>Thursday (26.10.23)</p> <p>Spinach, apple, pomegranate salad.</p> <p>Ebblysotto with vegetables and soya mince.</p> | <p>Thursday (02.11.23)</p> |
| <p>Friday (06.10.23)</p> <p>Eggs and corn salad.</p> <p>Pizza Margareta.</p> | <p>Friday (13.10.23)</p> <p>Cobb's salad.</p> <p>Fish a la Bordelaise with potato croquette and peas.</p> | <p>Friday (20.10.23)</p> <p>Mushroom soup.</p> <p>Stove top cheese and omelet Quesadillas.</p> | <p>Friday (27.10.23)</p> <p>Oriental lentil soup.</p> <p>Menemen, Turkish scrambled eggs with roasted bread.</p> | <p>Friday (03.11.23)</p> |



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

*Deviations are declared in the daily menu Seasonal fruit and vegetables: Gebrüder Marksteiner / Bruderholz: Birmatterhof
Meat origin: Chicken, lamb and pork: CH; Beef and veal: CH, regional*