

# Menüplan

...guten Appetit!

Week 1



## Monday

Oven baked potatoes  
Poached vegetables  
Onion sauce

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Green salad

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## Tuesday

Gnocchi with  
ratatouille vegetables

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Mixed salad

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## Wednesday

Vegetable stew  
Lenses

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Green salad

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## Thursday

Alplermacaroni  
Applesauce

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Mixed salad

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## Friday

Fish plate  
Dill lemon sauce  
quinoa

\*\*\*

Green Salad

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Week 2



## Monday

Orecchiette  
Napolisaucce  
Anchovies

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Green salad

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## Tuesday

Vegetable Gratin  
Pureed peas  
Cheese

\*\*\*

Mixed salad

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## Wednesday

Vegitarian nuggets  
Country potatoes  
Sour cream

\*\*\*

Green salad

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## Thursday

Fish crispy  
Salt potatoes  
Tartar sauce

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Mixed salad

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## Friday

Milanese polenta  
Shredded tofu

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Green salad

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Week 3



## Monday

Vegetarian  
Rice casimir

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Green salad

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## Tuesday

Oven baked  
tortellini

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Salad of caprese

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## Wednesday

Salmon fillet  
Rosemary potatoes  
Lemon sauce

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Mixed salad

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## Thursday

Risotto with  
mixed vegetables

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Green salad

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## Friday

Baked cauliflower  
Ebly  
Tarragon sauce

\*\*\*

Mixed salad

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Week 4



## Monday

Pumpkin slice  
buckwheat  
Brussels sprouts with  
dates

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Carrot salad

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## Tuesday

Ebly  
Mushroom ragout

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Green salad

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## Wednesday

Jasmine rice  
Asian mixed  
vegetables

\*\*\*

Mixed salad

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## Thursday

Spaghetti  
with seafood

\*\*\*

Green salad

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## Friday

Falafel  
pea broccoli puree

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Coucouis salad

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