

Menüplan

...guten Appetit!

Week 1

Monday

Meatballs with rice,
sauce and vegetables

Raw food

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Tuesday

Gnocchi with
ratatouille vegetables

Mixed salad

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Wednesday

Ebly with tomato
pieces and sauce
Vegetable pan

Green salad

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Thursday

Alpermakaroni
Applesauce

Mixed salad

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Freitag

Fish sticks
mashed potato
Spinach

Green salad

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Week 2

Monday

Vegetable gratin
Pureed peas
Cheese

Cucumber salad

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Tuesday

Spaetzli in mushroom
cream sauce with
sliced meat

Mixed salad

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Wednesday

Potato carrot soup
with bread

Green salad

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Thursday

Vegetable leaf dough
strudel with salmon

Mixed salad

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Friday

Tarte flambée

tomato salad

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Week 3

Monday

Rice with peas
"Pirri Pirri" sauce
Scrambled eggs
Raw vegetables

Green salad

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Tuesday

Ebly vegetable pan
with sauce

Caprese Salad

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Wednesday

Baked potatoes
Poached vegetables
Sauce

Mixed salad

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Thursday

Vegetable stew
with lentils and
sausages

Green salad

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Friday

Pasta with
tuna sauce

Mixed salad

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Week 4

Monday

Pizza Tuna

Carrot salad

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Tuesday

Schupfnudeln
with scrambled eggs
and Vegetables

Green salad

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Wednesday

Spaghetti Bolognese
Cheese

Mixed salad

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Thursday

Asian vegetable rice
pan with sweet and
sour sauce

Green salad

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Friday

Cheese spaetzle

Mixed salad

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