

Vegetarian Menu February 2020

Monday 03.02.	Tuesday	Wednesday	Thursday	Friday 07.02.
Crudit� with hummus Pasta with tomato sauce or pesto Fruit	Mixed salad Potato and vegetable stwe with peanut butter sacue Fruit	Vegetable soup Rice from cuba with fried egg and fried banana Jogurt	Spinach "croquetas" Cous cous salad with dried fruit and nuts Fruit	Red lentil soup Fried tofu with potatoes and green beans Fruit
Monday 10.02.	Tuesday	Wednesday	Thursday	Friday 14.02.
Crudit� with beet root hummus Whole wheat pasta with tomato sauce or carbonara sauce Fruit	Tomato/ mozzarella Hamburguesa vegetal with mash potato and carrots Fruit	Potato salad with tuna and egg Lentil stew with whole wheat rice and vegetables Jogurt	Carrot soup with ginger Vegetable curry with potatoes Fruit	Tomato salad Gratinated aubergine and courchette Fruit
Monday 17.02.	Tuesday	Wednesday	Thursday	Friday 21.02.
Crudit� with hummus Gnocchi with tomato sauce or gorgonzola sauce Fruit	Spinach "croquetas" Vegetable stew with chickpeas, onion and rice Fruit	Cesar salad Vegi burger with lettuce, tomato and avocado Jogurt	Pumpkin soup Vegetable lasagna Fruit	Tomato/ feta cheese Lentil stew with potatoes Fruit
Monday 24.02.	Tuesday	Wednesday	Thursday	Friday 28.02.
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