

# MENU OKTOBER 2024 – BABYGROEP

| MAANDAG       |   | DINSDAG       |   | WOENSDAG      |  | DONDERDAG     |  | VRIJDAG       |  |
|---------------|---|---------------|---|---------------|--|---------------|--|---------------|--|
|               |   | <b>1</b>      | <b>9-11-4</b>                             | <b>2</b>      | <b>9-11-1</b>                            | <b>3</b>      | <b>9-11-2-4</b>                            | <b>4</b>      | <b>9-11-13</b>                         |
|               |   | SOEP<br>PUREE | BROCCOLI<br>BLOEMKOOLPUREE<br>MET KIP     | SOEP<br>PUREE | WORTEL<br>SPINAZIEPUREE MET<br>EIWIT     | SOEP<br>PUREE | KERVEL<br>COURGETTEPUREE MET<br>RUNDVLEES  | SOEP<br>PUREE | POMPOEN<br>WORTELPUREE MET VIS         |
| <b>7</b>      | <b>9-11-1</b>                                 | <b>8</b>      | <b>9-11-4</b>                             | <b>9</b>      | <b>9-11</b>                              | <b>10</b>     | <b>9-11-2-4</b>                            | <b>11</b>     | <b>9-11-13</b>                         |
| SOEP<br>PUREE | TOMAAAT<br>GROENTENREEPIES<br>PUREE MET QUORN | SOEP<br>PUREE | ASPERGE<br>BROCCOLIPUREE MET<br>KIP       | SOEP<br>PUREE | WORTEL<br>COURGETTEPUREE MET<br>TOFU     | SOEP<br>PUREE | KERVEL<br>KNOLSELDERPUREE<br>MET RUNDVLEES | SOEP<br>PUREE | POMPOEN<br>BROCCOLIMIXPUREE<br>MET VIS |
| <b>14</b>     | <b>9-11</b>                                   | <b>15</b>     | <b>9-11-4</b>                             | <b>16</b>     | <b>9-11</b>                              | <b>17</b>     | <b>9-11-2-4-5</b>                          | <b>18</b>     | <b>9-11-13</b>                         |
| SOEP<br>PUREE | TOMAAAT<br>POMPOENPUREE MET<br>LINZEN         | SOEP<br>PUREE | BLOEMKOOL<br>BROCCOLIPUREE MET<br>KIP     | SOEP<br>PUREE | PREI<br>SNIJBOONTJESPUREE<br>MET KALKOEN | SOEP<br>PUREE | COURGETTE<br>WORTELPUREE MET<br>RUNDVLEES  | SOEP<br>PUREE | BROCCOLI<br>SPINAZIEPUREE MET<br>VIS   |
| <b>21</b>     | <b>9-11</b>                                   | <b>22</b>     | <b>9-11-4</b>                             | <b>23</b>     | <b>9-11-1</b>                            | <b>24</b>     | <b>9-11-2-4</b>                            | <b>25</b>     | <b>9-11-13</b>                         |
| SOEP<br>PUREE | TOMAAAT<br>WORTELPUREE MET<br>TOFU            | SOEP<br>PUREE | GROENTEN<br>BLOEMKOOLPUREE<br>MET KIP     | SOEP<br>PUREE | PREI<br>SPINAZIEPUREE MET<br>QUORN       | SOEP<br>PUREE | COURGETTE<br>POMPOENPUREE MET<br>RUNDVLEES | SOEP<br>PUREE | BROCCOLI<br>COURGETTEPUREE MET<br>VIS  |
| <b>28</b>     | <b>9-11-1</b>                                 | <b>29</b>     | <b>9-11-4</b>                             | <b>30</b>     | <b>9-11-1</b>                            | <b>31</b>     | <b>9-11-2-4</b>                            |               |  |
| SOEP<br>PUREE | TOMAAAT<br>GROENTENPUREE MET<br>QUORN         | SOEP<br>PUREE | WORTEL<br>AUBERGINEPUREE MET<br>RUNDVLEES | SOEP<br>PUREE | PAPRIKA<br>BROCCOLIMIXPUREE<br>MET EIWIT | SOEP<br>PUREE | ASPERGE<br>WORTELPUREE MET<br>KALKOEN      |               |  |

|  |   |   |  |  |  |  |
|--|---|---|--|--|--|--|
|  <b>1</b> EI                |  <b>2</b> GLUTEN   |  <b>3</b> LUPINE         |  <b>4</b> MELK  |  <b>5</b> MOSTERD         |  <b>6</b> NOTEN |  <b>7</b> PINDA'S             |
|  <b>8</b> SCHAAL-DI<br>EREN |  <b>9</b> SELDERIJ |  <b>10</b> SESAMZAA<br>D |  <b>11</b> SOJA |  <b>12</b> WEEKDIERE<br>N |  <b>13</b> VIS  |  <b>14</b> ZWAVEL-DI<br>OXIDE |

# MENU OKTOBER 2024 – PEUTERS

| MAANDAG      |  | DINSDAG      |  | WOENSDAG     |  | DONDERDAG    |   | VRIJDAG      |   |
|--------------|--|--------------|--|--------------|--|--------------|---|--------------|---|
|              |  | <b>1</b>     | <b>9-11-4-2</b>  | <b>2</b>     | <b>9-11-1</b>  | <b>3</b>     | <b>9-11-2-4</b>                               | <b>4</b>     | <b>9-11-13</b>  |
|              |  | SOEP<br>ETEN | BROCCOLI<br>RATATOUILLE MET KIP<br>EN COUSCOUS           | SOEP<br>ETEN | WORTEL<br>SPINAZIESTAMPPOT<br>MET EI                                       | SOEP<br>ETEN | KERVEL<br>SPAGHETTI<br>BOLOGNAISE             | SOEP<br>ETEN | POMPOEN<br>WORTELEN EN ERWTEN<br>STAMPPOT MET<br>FISHSTICKS |
| <b>7</b>     | <b>9-11-1</b>  | <b>8</b>     | <b>9-11-4</b>  | <b>9</b>     | <b>9-11</b>  | <b>10</b>    | <b>9-11-2-4</b>                               | <b>11</b>    | <b>9-11-13</b>  |
| SOEP<br>ETEN | TOMAAAT<br>NASI GORENG MET<br>RIJST EN QUORN             | SOEP<br>ETEN | ASPERGE<br>VOL AU VENT MET<br>BROCCOLI EN<br>AARDAPPELEN | SOEP<br>ETEN | WORTEL<br>COURGETTESTAMPPOT<br>MET TOFU                                    | SOEP<br>ETEN | KERVEL<br>WORTELSTAMPPOT<br>MET RUNDVLEES     | SOEP<br>ETEN | POMPOEN<br>BROCCOLISTAMPPOT<br>MET VIS                      |
| <b>14</b>    | <b>9-11-2-4</b>  | <b>15</b>    | <b>9-11-4</b>  | <b>16</b>    | <b>9-11</b>  | <b>17</b>    | <b>9-11-2-4-5</b>                             | <b>18</b>    | <b>9-11-13</b>  |
| SOEP<br>ETEN | TOMAAAT<br>MAC N CHEESE MET<br>POMPOEN? PASTA EN<br>TOFU | SOEP<br>ETEN | BLOEMKOOL<br>KIPFILET MET<br>APPELMOES EN<br>AARDAPPELEN | SOEP<br>ETEN | PREI<br>SNIJBOONTJES MET<br>BALLETTJES IN<br>TOMATENSAUS EN<br>AARDAPPELEN | SOEP<br>ETEN | COURGETTE<br>WORTELSTAMPPOT<br>MET STOOFLVEES | SOEP<br>ETEN | BROCCOLI<br>SPINAZIE MET VIS EN<br>RIJST                    |
| <b>21</b>    | <b>9-11</b>  | <b>22</b>    | <b>9-11-4-2</b>  | <b>23</b>    | <b>9-11-2-4</b>  | <b>24</b>    | <b>9-11-2-4</b>                               | <b>25</b>    | <b>9-11-13-2-4</b>  |
| SOEP<br>ETEN | TOMAAAT<br>NASI GORENG MET<br>TOFU                       | SOEP<br>ETEN | GROENTEN<br>RODE KOOL MET<br>WORDT EN<br>AARDAPPELEN     | SOEP<br>ETEN | PREI<br>SPINAZIE MET<br>HAMKAASSAUS EN<br>AARDAPPELEN                      | SOEP<br>ETEN | COURGETTE<br>KINDERMOUSSAKA                   | SOEP         | BROCCOLI<br>BROCCOLI MET<br>KRUIDENSAUS, ZALM<br>EN PASTA   |
| <b>28</b>    | <b>9-11-1</b>  | <b>29</b>    | <b>9-11-4-2</b>  | <b>30</b>    | <b>9-11-1</b>  | <b>31</b>    | <b>9-11-2-4</b>                               |              |   |
| SOEP<br>ETEN | TOMAAAT<br>GROENTENSTAMPPOT<br>MET QUORN                 | SOEP<br>ETEN | WORTEL<br>RODE KOOL MET PENS<br>EN AARDAPPELEN           | SOEP<br>ETEN | PAPRIKA<br>BROCCOLIMIXPUREE<br>MET OMELET                                  | SOEP<br>ETEN | ASPERGE<br>SPAGHETTI<br>BOLOGNAISE            |              |   |

|   |  |  |   |   |   |   |
|---|--|--|---|---|---|---|
|  1 EI                |  2 GLUTEN   |  3 LUPINE         |  4 MELK  |  5 MOSTERD         |  6 NOTEN |  7 PINDA'S             |
|  8 SCHAAL-DI<br>EREN |  9 SELDERIJ |  10 SESAMZAA<br>D |  11 SOJA |  12 WEEKDIERE<br>N |  13 VIS  |  14 ZWAVEL-DI<br>OXIDE |

