



Hartfalenpolikliniek Gelre ziekenhuizen

Kruidenwijzer	basilicum	bieslook	bonenkruid	cayennepeper	dille	dragon	foelie	kaneel	kerrie	kervel	knoflookpoeder	kruidnagel	kummel	laurierblad	majoraan	mintblad	nootmuskaat	oregano	paprikapoeder	peper	peterselleblad	rozemarijn	salie	selderijblad	tijm
Groenten																									
Andijvie																	✓			✓					
Aubergines	✓			✓					✓	✓	✓							✓	✓	✓	✓	✓	✓		
Bieten					✓	✓		✓				✓	✓	✓						✓				✓	
Bloemkool					✓	✓	✓						✓				✓		✓		✓	✓			
Champignons		✓		✓		✓			✓		✓						✓	✓	✓	✓	✓	✓			
Doperwten	✓		✓												✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Koolraap	✓	✓		✓	✓							✓	✓				✓		✓	✓				✓	✓
Prei					✓								✓	✓			✓		✓	✓				✓	✓
Rode kool	✓			✓		✓		✓				✓	✓	✓			✓		✓	✓					✓
Groene kool					✓				✓		✓	✓	✓			✓	✓			✓					✓
Witte kool					✓				✓		✓	✓	✓			✓	✓			✓					✓
Snijbonen													✓				✓	✓	✓	✓					
Spruitjes													✓			✓	✓			✓					
Tuinbonen			✓																					✓	✓
Uien	✓			✓	✓	✓			✓		✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓
Worteltjes		✓								✓	✓				✓						✓		✓	✓	✓
Zuurkool	✓		✓	✓	✓					✓			✓						✓	✓				✓	✓
Witte bonen	✓	✓	✓	✓	✓				✓		✓				✓				✓	✓	✓	✓	✓	✓	✓
Bruine bonen	✓	✓	✓	✓	✓				✓		✓				✓				✓	✓	✓	✓	✓	✓	✓
Kapucijners																				✓					
Salades																									
Komkommer	✓	✓			✓	✓					✓						✓		✓	✓	✓			✓	
Kropsla		✓			✓	✓				✓	✓		✓		✓				✓	✓	✓			✓	✓
Tomaten	✓	✓	✓		✓	✓				✓	✓		✓		✓			✓	✓	✓	✓	✓		✓	✓
Witlofsla		✓				✓						✓								✓	✓			✓	✓
Aardappelen																									
Gebakken		✓			✓				✓				✓							✓	✓				
Puree	✓	✓	✓		✓				✓	✓			✓					✓	✓	✓	✓				
Salade	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓		✓	✓			✓	✓	✓		✓	✓	✓
Stampot																									
Boerenkool																				✓					
Hete bliksem								✓				✓		✓						✓					
Hutspot					✓				✓				✓	✓	✓	✓				✓			✓		✓
Snijbonen			✓																✓		✓				
Witte bonen			✓																✓		✓				
Witte kool	✓				✓				✓				✓						✓	✓					✓
Savooienkool	✓				✓				✓				✓						✓	✓					✓
Zuurkool																				✓					
Eenpansgerechten																									
Macaroni					✓						✓							✓	✓	✓					✓
Kerrierijst									✓		✓			✓						✓					✓
Pikante rijst					✓				✓	✓	✓							✓	✓	✓	✓				
Diversen																									
Omelet		✓		✓					✓	✓	✓		✓				✓	✓	✓	✓	✓			✓	✓
Pannenkoek, hartig				✓					✓				✓						✓	✓	✓		✓		
Tosti		✓		✓					✓		✓	✓	✓					✓	✓	✓	✓		✓		
Cake								✓				✓								✓	✓				
Kruidkoek								✓				✓					✓								



Kruidenwijzer	basilicum	bieslook	bonenkruid	cayennepeper	dille	dragon	foelie	kaneel	kerrie	kervel	knoflookpoeder	kuidnagel	kummel	laurierblad	majoraan	mintblad	nootmuskaat	oregano	paprikapoeder	peper	peterselieblad	rozemarijn	salie	selderijblad	tijm
Soepen																									
Aardappelsoep									✓	✓			✓				✓	✓	✓	✓	✓	✓		✓	✓
Aspergesoep					✓									✓		✓			✓		✓				
Bloemkoolsoep	✓				✓		✓		✓	✓			✓				✓			✓	✓	✓		✓	
Bouillon	✓	✓				✓	✓							✓	✓					✓	✓	✓		✓	✓
Witte bonensoep	✓	✓	✓	✓							✓	✓		✓	✓		✓	✓	✓	✓	✓		✓	✓	✓
Bruine bonensoep		✓	✓	✓							✓	✓		✓	✓		✓	✓	✓	✓	✓		✓	✓	✓
Champignonsoep		✓							✓				✓				✓		✓	✓	✓	✓		✓	✓
Erwtensoep	✓	✓	✓		✓	✓				✓					✓					✓	✓	✓	✓	✓	✓
Groentesoep	✓	✓	✓		✓					✓				✓	✓					✓	✓	✓		✓	✓
Kippensoep	✓						✓				✓				✓					✓	✓	✓		✓	✓
Kerriesoep		✓	✓		✓		✓							✓						✓					
Minestrone-soep	✓	✓		✓							✓			✓				✓	✓	✓	✓		✓	✓	✓
Preisoep		✓	✓						✓											✓	✓			✓	
Tomatensoep	✓	✓		✓		✓	✓			✓	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Vermicellisoep		✓			✓		✓		✓	✓	✓			✓						✓	✓	✓		✓	✓
Vissoep		✓		✓	✓	✓				✓	✓			✓	✓					✓	✓	✓		✓	✓
Vlees																									
Biefstuk		✓																			✓				
Gehakt	✓	✓		✓		✓	✓		✓		✓		✓		✓		✓		✓	✓	✓	✓	✓	✓	✓
Goulash	✓			✓	✓	✓	✓		✓		✓	✓		✓				✓	✓	✓	✓	✓	✓		✓
Hachee	✓			✓	✓	✓	✓		✓		✓	✓		✓				✓	✓	✓	✓	✓			✓
Kalfsvlees	✓				✓									✓						✓					
Lamsvlees	✓			✓	✓				✓		✓	✓	✓			✓		✓		✓			✓	✓	✓
Lever		✓		✓											✓		✓			✓			✓		✓
Rundvlees				✓	✓		✓				✓	✓	✓	✓			✓		✓	✓			✓		✓
Varkensvlees		✓		✓		✓			✓		✓	✓	✓	✓	✓			✓	✓	✓			✓	✓	
Vleesragout	✓	✓			✓		✓			✓	✓	✓		✓				✓	✓	✓	✓			✓	✓
Vleesmarinade		✓							✓		✓	✓		✓	✓				✓	✓	✓				
Speklappen				✓	✓	✓			✓			✓			✓		✓		✓	✓		✓			✓
Vis																									
Gebakken	✓																		✓	✓	✓	✓		✓	✓
Gekookt					✓	✓	✓			✓				✓						✓	✓	✓		✓	✓
Gestoofd		✓		✓	✓	✓			✓	✓	✓		✓			✓			✓	✓	✓			✓	✓
Garnalen (chol. rijk)	✓	✓		✓					✓				✓						✓	✓	✓				
Wild & gevogelte																									
Eend				✓							✓	✓	✓						✓	✓	✓		✓	✓	
Haas/ konijn				✓								✓		✓					✓	✓	✓		✓		✓
Kalkoen	✓											✓	✓		✓					✓			✓		✓
Kip	✓			✓	✓	✓	✓		✓		✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sauzen																									
Kaassaus		✓	✓										✓		✓		✓		✓	✓				✓	✓
Kerriesaus		✓		✓			✓		✓						✓					✓					
Tomatensaus	✓	✓		✓	✓	✓				✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Vissaus		✓	✓		✓		✓		✓					✓	✓					✓	✓	✓			✓
vleessaus		✓									✓									✓	✓	✓		✓	✓

