

Week 31



Week 35

Menu Plan Densa Park - August 2019

Week 32

Monday (29.07.19) Monday (05.08.19) Roquette salad with cheese Vegetable cake Tuesday (30.07.19) Tuesday (06.08.19) Red lentil soup egyptian style Fish couscous Wednesday (07.08.19) Vegetable sticks with dip Vegetable sticks with dip Vegetable sticks with dip Vegetarian Moussaka Wednesday (31.07.19) Monday (12.08.19) Beetroot salad Zurich-style veal stew with pasta Tuesday (20.08.19) Fennel cream soup Vegetable Tempura Wednesday (21.08.19) Tomato salad with herbs Egyptian kebap with bread and grilled aubergine Monday (26.08.19) Wegetable cream soup Poached fish with white sauce, green beans and wild rice Tuesday (20.08.19) Monday (26.08.19) Vegetable cream soup Poached fish with white sauce, green beans and wild rice Tuesday (20.08.19) Wednesday (21.08.19) Vegetable Tempura Wednesday (21.08.19) Vegetable and fruit skewers Variety of sandwiches					
theese Vegetable cake Risotto with herbs and olives Zurich-style veal stew with pasta	Monday (29.07.19)	Monday (05.08.19)	Monday (12.08.19)	Monday (19.08.19)	Monday (26.08.19)
Tuesday (30.07.19) Tuesday (06.08.19) Red lentil soup egyptian style Fish couscous Test couscous Tuesday (13.08.19) Leaf lettuce with carrots Potatoecakes Potatoecakes Wednesday (14.08.19) Vegetable Tempura Wednesday (21.08.19) Vegetable and fruit skewers Vegetable and fruit skewers Vegetable and fruit skewers Variety of sandwiches Wednesday (21.08.19) Wednesday (28.08.19) Red cabbage salad Cauliflower polish style		•	Cellery salad	Beetroot salad	Vegetable cream soup
Red lentil soup egyptian style Fish couscous Wednesday (31.07.19) Wednesday (07.08.19) Vegetable sticks with dip Vegetable sticks with dip Vegetarian Moussaka Wednesday (14.08.19) Vegetable and fruit skewers Vegetable and fruit skewers Variety of sandwiches Wixed salads Quinoa with red beans and tomato sauce Wednesday (21.08.19) Vegetable and fruit skewers Variety of sandwiches		Vegetable cake			sauce, green beans and
Red lentil soup egyptian style Fish couscous Wednesday (31.07.19) Wednesday (07.08.19) Vegetable sticks with dip Vegetable sticks with dip Vegetarian Moussaka Wednesday (14.08.19) Vegetable and fruit skewers Vegetable and fruit skewers Variety of sandwiches Wixed salads Quinoa with red beans and tomato sauce Wednesday (21.08.19) Vegetable and fruit skewers Variety of sandwiches	Tuesday (30.07.19)	Tuesday (06.08.19)	Tuesday (13.08.19)	Tuesday (20.08.19)	Tuesday (27.08.19)
Wednesday (31.07.19) Wednesday (07.08.19) Vegetable Tempura Vegetable Tempura Quinoa with red beans and tomato sauce Wednesday (14.08.19) Vegetable sticks with dip Vegetable sticks with dip Vegetarian Moussaka Wednesday (14.08.19) Vegetable and fruit skewers Vegetable and fruit skewers Variety of sandwiches Variety of sandwiches	Tacsaay (30107123)	Red lentil soup			
Vegetable sticks with dip Vegetarian Moussaka Tomato salad with herbs Vegetable and fruit skewers Vegetable and fruit skewers Cauliflower polish style			Potatoecakes	Vegetable Tempura	1 -
Vegetable sticks with dip Vegetarian Moussaka Tomato salad with herbs Vegetable and fruit skewers Vegetable and fruit skewers Cauliflower polish style					
Vegetarian Moussaka Feyptian kebap with bread and grilled Variety of sandwiches Cauliflower polish style	Wednesday (31.07.19)	Wednesday (07.08.19)	Wednesday (14.08.19)	Wednesday (21.08.19)	Wednesday (28.08.19)
Egyptian kebap with bread and grilled Variety of sandwiches		Vegetable sticks with dip			Red cabbage salad
		Vegetarian Moussaka	bread and grilled	Variety of sandwiches	Cauliflower polish style

Week 33

Friday (02.08.19)

Thursday (01.08.19)

Leaf lettuce

Lasagne

Friday (09.08.19)

Thursday (08.08.19)

Whole grain pasta with

Variety of melon

Ratatouille

Prèfou with lolo rosso salad

Duck legs with raspberry sauce and mixed vegetables

Friday (16.08.19)

Egg Mimosas

Thursday (15.08.19)

Polenta cuts with tomato

fondou and koko beans

Vegetable broth with croutons

Fishsticks with peas and potatoes

Week 34

Cucumber salad with mint and sesame

Friday (23.08.19)

Spring rolls

Tomato waffles with tzatziki and olive tapenade

Thursday (22.08.19)

Koshari

Thursday (29.08.19)

Puff pastry pockets with goats cheese

Omlette with bellpeppers

Friday (30.08.19)

Molokheya

Kamounia with baked potatoes

Specialties according to the pedagogical theme of the month