



Menu Plan Densa Park – August 2019

Week 31	Week 32	Week 33	Week 34	Week 35
Monday (29.07.19)	Monday (05.08.19) Roquette salad with cheese Vegetable cake	Monday (12.08.19) Celery salad Risotto with herbs and olives	Monday (19.08.19) Beetroot salad Zurich-style veal stew with pasta	Monday (26.08.19) Vegetable cream soup Poached fish with white sauce, green beans and wild rice
Tuesday (30.07.19)	Tuesday (06.08.19) <i>Red lentil soup egyptian style</i> <i>Fish couscous</i>	Tuesday (13.08.19) Leaf lettuce with carrots Potatoecakes	Tuesday (20.08.19) Fennel cream soup Vegetable Tempura	Tuesday (27.08.19) Mixed salads Quinoa with red beans and tomato sauce
Wednesday (31.07.19)	Wednesday (07.08.19) Vegetable sticks with dip Vegetarian Moussaka	Wednesday (14.08.19) <i>Tomato salad with herbs</i> <i>Egyptian kebab with bread and grilled aubergine</i>	Wednesday (21.08.19) Vegetable and fruit skewers Variety of sandwiches	Wednesday (28.08.19) Red cabbage salad Cauliflower polish style
Thursday (01.08.19)	Thursday (08.08.19) Variety of melon Whole grain pasta with Ratatouille	Thursday (15.08.19) Egg Mimosas Polenta cuts with tomato fondou and koko beans	Thursday (22.08.19) <i>Cucumber salad with mint and sesame</i> <i>Koshari</i>	Thursday (29.08.19) Puff pastry pockets with goats cheese Omlette with bellpeppers
Friday (02.08.19) Leaf lettuce Lasagne	Friday (09.08.19) Prèfou with lolo rosso salad Duck legs with raspberry sauce and mixed vegetables	Friday (16.08.19) Vegetable broth with croutons Fishsticks with peas and potatoes	Friday (23.08.19) Spring rolls Tomato waffles with tzatziki and olive tapenade	Friday (30.08.19) <i>Molokheya</i> <i>Kamounia with baked potatoes</i>

Specialties according to the pedagogical theme of the month