



## Menu Plan Densa Park – Oktober 2019

Week 40	Week 41	Week 42	Week 43	Week 44
<b>Monday (30.09.19)</b>	<b>Monday (07.10.19)</b> Rocket salad with Grana Padano  Maguerita	<b>Monday (14.10.19)</b> Pumpkin soup  Brussel sprouts, sweet chestnut and cardoon casserole	<b>Monday (21.10.19)</b> Turnip salad  Green risotto	<b>Monday (28.10.19)</b> Alphabet soup  Fried fish with cold tomato-basel sauce and quinoa
<b>Tuesday (01.10.19)</b> Kale soup  Cod filet with aniseed sauce, eby and mushrooms	<b>Tuesday (08.10.19)</b> Cucumber salad with black olive sauce  Spaghetti with pumpkin pesto	<b>Tuesday (15.10.19)</b> <i><b>Salad caprese</b></i>  <i><b>Cotoletta a la Milanese with oven potatoes</b></i>	<b>Tuesday (22.10.19)</b> Vegetable soup  Cheese cuts with salad	<b>Tuesday (29.10.19)</b> Carrot salad  Potato waffles with sour cream and chives
<b>Wednesday (02.10.19)</b> Broccoli and hazelnut soup  Chili con verde	<b>Wednesday (09.10.19)</b> Iceberg salad with exotic fruit dressing  Chicken Fafa style with rice	<b>Wednesday (16.10.19)</b> Mushroom soup  Barley with vegetable brunoise	<b>Wednesday (23.10.19)</b> <i><b>Beetroot salad</b></i>  <i><b>Fish from the pan with pumpkin mash and chorizo</b></i>	<b>Wednesday (30.10.19)</b> Chinese cabbage salad  Bo Bun with marinated tofu
<b>Thursday (03.10.19)</b> Eggs Mimosa  Chicken stew with seasonal vegetables	<b>Thursday (10.10.19)</b> Puff pastry filled with chopped vegetables  Fish soup with croutons	<b>Thursday (17.10.19)</b> Green salad with tomatoes  Pancakes filled with pumpkin and mushrooms with gravy	<b>Thursday (24.10.19)</b> Pie soup  Vegetable couscous	<b>Thursday (31.10.19)</b> <i><b>Courgette and almond milk cream soup</b></i>  <i><b>Pumpkin filled with minced meat and cheese</b></i>
<b>Friday (04.10.19)</b> <i><b>Lamb`s lettuce with fried pumpkin croutons</b></i>  <i><b>Pumpkin gnocchi gratin</b></i>	<b>Friday (11.10.19)</b> Carrot soup  Lentil Dahl	<b>Friday (18.10.19)</b> Leek and bacon cream soup  Salmon in curry sauce with noodles and broccoli	<b>Friday (25.10.19)</b> Leaf lettuce with sweetcorn  Pork ragout in mustard sauce with vegetables from the market	<b>Friday (01.11.19)</b>

*Specialties according to the pedagogical theme of the month*