



## Menu Plan Densa Park – November 2019

Week 44	Week 45	Week 46	Week 47	Week 48
<b>Monday (28.10.19)</b>  	<b>Monday (04.11.19)</b> Green bean salad  Broccoli cake with cheese	<b>Monday (11.11.19)</b> Tomato soup  Creamy mushroom risotto	<b>Monday (18.11.19)</b> Leaf lettuce with apples and pumpkin pips  Penne with cold vegetable salsa made from tomatoes, avocado, pine nuts, aubergine and bellpeppers	<b>Monday (25.11.19)</b> Creamy spinach soup  Pumpkin spaghetti „Carbonara“
<b>Tuesday (29.10.19)</b>  	<b>Tuesday (05.11.19)</b> <i><b>Courgettes and feta pastilla</b></i>  <i><b>Colourful paella</b></i>	<b>Tuesday (12.11.19)</b> Chestnut and broccoli soup  Pumpkin pancake with courgettes and tzatziki	<b>Tuesday (19.11.19)</b> Pie soup  Vegetable tureen with yoghurt sauce	<b>Tuesday (26.11.19)</b> Rice salad with orange sauce  Pissaladiere
<b>Wednesday (30.10.19)</b>  	<b>Wednesday (06.11.19)</b> Sweetcorn-parsley-cream soup  Whole wheat and chard cookies	<b>Wednesday (13.11.19)</b> <i><b>Ensaladilla</b></i>  <i><b>Andalousian soup</b></i>	<b>Wednesday (20.11.19)</b> Courgette spaghetti salad  Beef fricassee with tomato and olive sauce and wild rice	<b>Wednesday (27.11.19)</b> Banana soup  Bread pie with cottage cheese, eggs and cucumbers
<b>Thursday (31.10.19)</b>  	<b>Thursday (07.11.19)</b> Foccacia with rucicola  Ratatouille lasagna	<b>Thursday (14.11.19)</b> Springrolls  Lemongras tofu steak with vegetables from the wok	<b>Thursday (21.11.19)</b> Beetroot soup  Gratinated cauliflower with eggs	<b>Thursday (28.11.19)</b> <i><b>Lamb`s lettuce with sweetcorn bread</b></i>  <i><b>Thanksgiving turkey with cranberrie sauce and winter vegetables</b></i>
<b>Friday (01.11.19)</b> Green salad  Vegetarian Moussaka	<b>Friday (08.11.19)</b> Filled cheese pockets  Fish mousseline with safran sauce and romanesco	<b>Friday (15.11.19)</b> Carrot salad with pumpkin dressing  Cheese burger with country potatoes	<b>Friday (22.11.19)</b> <i><b>Tapas Mallorca</b></i>  <i><b>Tortilla</b></i>	<b>Friday (29.11.19)</b> Vegetable broth with brunoise  Spaetzle with red cabbage

**Specialties according to the pedagogical theme of the month**