



Menu Plan Densa Park – July 2020

Week 27	Week 28	Week 29	Week 30	Week 31
Monday (29.06.20) 	Monday (06.07.20) Spinach salad with balsamic and apples Pearl barley risotto	Monday (13.07.20) Courgette spaghetti salad Vegetarian couscous	Monday (20.07.20) Lentil salad Poached eggs with guacamole on toast	Monday (27.07.20) Leaf salad with rosemary croutons and cheese Salmon blanquette with carrots and eibly
Tuesday (30.06.20) 	Tuesday (07.07.20) <i>Vietnamese cabbage salad</i> <i>Glazed pork belly with Bahn Hoi noodles</i>	Tuesday (14.07.20) Green salad Humus with cottage cheese and Pan bread	Tuesday (21.07.20) Potatoe salad Pouch cooked fish with vegetable Julienne and Lemon	Tuesday (28.07.20) Fennel soup Vegetarian filled tomatoes
Wednesday (01.07.20) Courgette mint soup Pie mash with steamed carrots and persillade	Wednesday (08.07.20) Carrot salad Fish dumpling with cold herb sauce and green beans	Wednesday (15.07.20) <i>Salad Tonkin style</i> <i>Vietnamese chicken wings with lemongrass and rice</i>	Wednesday (22.07.20) Polenta cuttings with grilled bell peppers Greek frozen yogurt with seasonal fruit	Wednesday (29.07.20) Coleslaw Club sandwich
Thursday (02.07.20) Red cabbage salad with nuts Baked eggplant with tomato salsa and pine nuts	Thursday (09.07.20) Broccoli soup with almond milk Black beans with tomato sauce	Thursday (16.07.20) Melon salad with olives and cucumber Empanadas with bell peppers and sweetcorn	Thursday (23.07.20) <i>Fresh Vietnamese salad</i> <i>Vietnamese Phò</i>	Thursday (30.07.20) Mushroom salad Tian provincial
Friday (03.07.20) Cauliflower salad with radish and grilled Onions Quinoa ragout	Friday (10.07.20) Celery salad Gnocchi with mushroom sauce	Friday (17.07.20) Tomato salad Baked Shrimps with lemon, thyme and penne rigate	Friday (24.07.20) Beetroot peach salad Flower vegetable tart with ricotta	Friday (31.07.20) <i>Vietnamese vegetable bouillon</i> <i>Vegetarian spring rolls</i>

Specialties according to the pedagogical theme of the month