



## Menu Plan Densa Park – September 2020

| Week 36   | Week 37  | Week 38  | Week 39  | Week 40  |
|---|--|--|--|--|
| <b>Monday (31.08.20)</b><br><br>  | <b>Monday (07.09.20)</b><br>Leek soup<br><br>Pasta Ratatouille Gratin  | <b>Monday (14.09.20)</b><br>Tomatoe cream soup<br><br>Colourful vegetable spaghetti  | <b>Monday (21.09.20)</b><br>Tart «Tonnerroise»<br><br>Fish rolls with vegetables from the market                 | <b>Monday (28.09.20)</b><br>Vegetable soup<br><br>Oatmeal broccoli<br>Pancakes with curd sauce                         |
| <b>Tuesday (01.09.20)</b><br>Rice salad<br><br>Courgette filled with bell peppers and Mozzarella            | <b>Tuesday (08.09.20)</b><br><b><i>Chorba Beida (Algerian chicken soup)</i></b><br><br><b><i>Fish Tajine</i></b> | <b>Tuesday (15.09.20)</b><br>Mixed leaf salad<br><br>Potatoes «Paillasson» filled with mushrooms   | <b>Tuesday (22.09.20)</b><br>Nizza salad<br><br>Cannelloni filled with ricotta and eggplant                      | <b>Tuesday (29.09.20)</b><br>Iceberg lettuce with apples and cherry tomatoes<br><br>Cheeseburger with country potatoes |
| <b>Wednesday (02.09.20)</b><br>Tomatoe crostini<br><br>Vegetarian bean sausage with Beurre-Blanc sauce      | <b>Wednesday (09.09.20)</b><br>Courgette soup<br><br>Baked sweet potatoes with black beans                       | <b>Wednesday (16.09.20)</b><br><b><i>Cucumber salad with Yoghurt mint sauce</i></b><br><br><b><i>Al Kabsa (Chicken and rice Arabian style)</i></b> | <b>Wednesday (23.09.20)</b><br>Cauliflower soup<br><br>Tomato waffles with cream cheese and basil                | <b>Wednesday (30.09.20)</b><br>Khaman cake<br><br>Dhal Curry with red lentils  |
| <b>Thursday (03.09.20)</b><br><b><i>Brick Bourek</i></b><br><br><b><i>Couscous with fried Meatballs</i></b> | <b>Thursday (10.09.20)</b><br>Rocket salad with Feta and watermelon<br><br>Omelette with fresh herbs             | <b>Thursday (17.09.20)</b><br>Vegetable «Julienne» bouillon<br><br>Sandwiches with tuna and cucumber   | <b>Thursday (24.09.20)</b><br>Green salad<br><br>Quiche Lorraine   | <b>Thursday (01.10.20)</b>   |
| <b>Friday (04.09.20)</b><br>Coconut soup<br><br>Exotic salad with grilled Tofu                              | <b>Friday (11.09.20)</b>   | <b>Friday (18.09.20)</b><br>Fennel salad<br><br>5 corn and chard pancakes  | <b>Friday (25.09.20)</b><br><b><i>Vegetable Harira</i></b><br><br><b><i>Bulgur with vegetables and dates</i></b> | <b>Friday (02.10.20)</b>   |

**Specialties according to the pedagogical theme of the month United Arab Emirates**

