



Menu Plan Densa Park – March 2021

Week 09	Week 10	Week 11	Week 12	Week 13
<p>Monday (01.03.21)</p> <p>Mixed salad</p> <p>Cuttlefish risotto</p>	<p>Monday (08.03.21)</p> <p>Cellery cream soup</p> <p>Omellette filled with bellpeppers and herbs</p>	<p>Monday (15.03.21)</p> <p>Mushroom soup with croutons</p> <p>Cheese tarte with leaf lettuce</p>	<p>Monday (22.03.21)</p> <p>Pumpkin soup</p> <p>Veil blanquette with whole grain rice and carrots</p>	<p>Monday (29.03.21)</p> <p>Talmouse with salad</p> <p>Mexican quinoa salad with fresh vegetables</p>
<p>Tuesday (02.03.21)</p> <p><i>Hernekeitto soup</i></p> <p><i>Gratinated sausage with potatoe mash and caramelised onions</i></p>	<p>Tuesday (09.03.21)</p> <p>Spinach coconut soup</p> <p>Chickpea massala with seasonal vegetables</p>	<p>Tuesday (16.03.21)</p> <p>Vegetable soup</p> <p>Roast potatoes with winter vegetables</p>	<p>Tuesday (23.03.21)</p> <p>Beetroot salad</p> <p>Creamy polenta with winter vegetable</p>	<p>Tuesday (30.03.21)</p> <p>Rocket salad with cherry tomatoes and parmesan cheese</p> <p>Canneloni with sauce Bolognese</p>
<p>Wednesday (03.03.21)</p> <p>Olive tapenade with rosemary toast and salad</p> <p>Penne with selfmade tomato pesto</p>	<p>Wednesday (10.03.21)</p> <p><i>Sandwich cake with mackerel</i></p> <p><i>Porkkanalaatikko (Finnish carrot casserole)</i></p>	<p>Wednesday (17.03.21)</p> <p>Vermicelle soup</p> <p>Nasi Goreng with vegetables</p>	<p>Wednesday (24.03.21)</p> <p>Lentil soup</p> <p>5 grain and chard galette with chive sauce</p>	<p>Wednesday (31.03.21)</p> <p>Garden soup with apple brunoise</p> <p>Black beans with carrot coriander mash</p>
<p>Thursday (04.03.21)</p> <p>Chiccorée salad with cheese and nuts</p> <p>Vegetarian fried balls made from lentils, carrots and egg</p>	<p>Thursday (11.03.21)</p> <p>Irish coleslaw</p> <p>Shepherd's Pie</p>	<p>Thursday (18.03.21)</p> <p><i>Rosolli salad</i></p> <p><i>Lohipiirakka (tarte with spinach and salmon)</i></p>	<p>Thursday (25.03.21)</p> <p>Red cabbage salad</p> <p>Sweet potato gratin</p>	<p>Thursday (01.04.21)</p>
<p>Friday (05.03.21)</p> <p>Carotte ginger soup</p> <p>Vegetarian summer rolls filled with vegetables</p>	<p>Friday (12.03.21)</p> <p>Basil cream soup</p> <p>Breaded tofu skewers with fresh parsley and ratatouille</p>	<p>Friday (19.03.21)</p> <p>5 vegetables bouillon</p> <p>Baked eggplant with tomatoe fondue and mozzarella</p>	<p>Friday (26.03.21)</p> <p><i>Karjalanpiirakka (finnish pierogi)</i></p> <p><i>Lohikeitto Suppe (finnish salmon soup)</i></p>	<p>Friday (02.04.21)</p>

Specialties according to the pedagogical theme of the month: Finland

