



Menu Plan Densa Park – August 2022

Week 31	Week 32	Week 33	Week 34	Week 35
Monday (01.08.22) HOLIDAY	Monday (08.08.22) Cucumber Lassi Lentils Dahl	Monday (15.08.22) Cabbage salad Tarte flambée	Monday (22.08.22) Carrot salad Lamb-olive ragout with bulgur	Monday (29.08.22) Alphabet soup Quinoa Vegetable Pan
Tuesday (02.08.22) Green lettuce Couscous Vegetable Gratin	Tuesday (09.08.22) Banana bread Caribbean Banana Chicken	Tuesday (16.08.22) Chickpea salad Rattatouille with quinoa	Tuesday (23.08.22) Celery Cream Soup Potatoes "Paillasson" with salad	Tuesday (30.08.22) Kohlrabi salad Pancakes of oatmeal and broccoli with quark sauce
Wednesday (03.08.22) Colourful salad Spaghetti Carbonara	Wednesday (10.08.22) Cold tomato soup Boiled potatoes with spinach and fried egg	Wednesday (17.08.22) Leafsalad Tuna tomato tarte	Wednesday (24.08.22) Avocado salad Caribbean lentil soup with Chinese cabbage	Wednesday (31.08.22) Mixed salad Black lentil stew
Thursday (04.08.22) Vegetable sticks with yoghurt dip Baked potatoes with cottage cheese	Thursday (11.08.22) Cucumber salad Stuffed pancakes	Thursday (18.08.22) Mixed salad Caribbean fish skewers with rice	Thursday (25.08.22) Green bean and pea salad Fish croquettes with carrot stick	
Friday (05.08.22) Tomato salad Moussakka	Friday (12.08.22) Pepper strips with dip Ebly casserole with tomato sauce	Friday (19.08.22) Fennel soup Pea stew with potatoes	Friday (26.08.22) Mixed salad Omelet with mushrooms	

Specialties according to the pedagogical theme of the month: ABC-Islands

Subject to change this month

