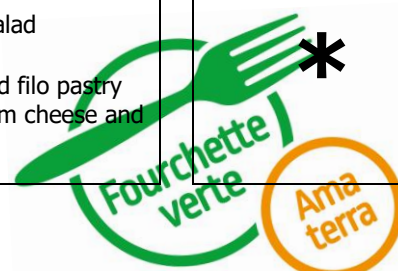




## Menu Plan Densa Park – January 2023

Week 01	Week 02	Week 03	Week 04	Week 05
<b>Monday (02.01.23)</b> Carrotsalad Crêpes stuffed with Riccota and spinach	<b>Monday (09.01.23)</b> Goldrieder salad Spagehetti Napoli	<b>Monday (16.01.23)</b> Tuna salad Penne Fiorrentina with white sauce and spinach	<b>Monday (23.01.23)</b> <i>Curry soup</i> <i>Pasta with Norwegian smoked salmon</i>	<b>Monday (30.01.23)</b> Mixed salad with tomatoes Cauliflower broccoli gratin with fried potatoes
<b>Tuesday (03.01.23)</b> Cauliflower soup Fishfingers with spinach and boiled potatoes	<b>Tuesday (10.01.23)</b> <i>Beetroot salad</i> <i>Kjøttkaker minced meatballs with potatoes</i>	<b>Tuesday (17.01.23)</b> Pumpkin and Apple Salad Hash browns pizza	<b>Tuesday (24.01.23)</b> Tofu salad Spaetzle stew with spinach and vegetables	<b>Tuesday (31.01.23)</b> <i>Tomato soup</i> <i>Norwegian salmon with honey boiled potatoes and spinach</i>
<b>Wednesday (04.01.23)</b> Avocado salad Risotto with tomatoes	<b>Wednesday (11.01.23)</b> Vegetable soup Vegetable cakes with salad and quark dip	<b>Wednesday (18.01.23)</b> <i>Corn salad</i> <i>Labskaus with beetroot and egg</i>	<b>Wednesday (25.01.23)</b> Chickpea salad Kale casserole with minced meat	<b>Wednesday (01.02.23)</b> *
<b>Thursday (05.01.23)</b> Alphabet soup Toast «Hawai» with green salad	<b>Thursday (12.01.23)</b> Celery salad «Waldorf» Tortillas with vegetables and potatoes	<b>Thursday (19.01.23)</b> Lettuce Rondino with alpine herbs with cream sauce	<b>Thursday (26.01.23)</b> Cabbage salad Älpler Magronen with apples and cheese	<b>Thursday (02.02.23)</b> *
<b>Friday (06.01.23)</b> <i>Lentil salad</i> <i>Farikal lamb with cabbage stew</i>	<b>Friday (13.01.23)</b> Cucumbers with cream cheese Wild rice with vegetables and tofu	<b>Friday (20.01.23)</b> Buckwheat salad Couscous with cabbage and feta	<b>Friday (27.01.23)</b> Quinoa salad Gratinated filo pastry with cream cheese and salad	<b>Friday (03.02.23)</b> *



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