**Menu Plan Densa Park – November 2023**

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| **Week 44** |  | **Week 45** |  | **Week 46** |  | **Week 47** |  | **Week 48** |
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| **Monday (30.10.23)**  **\*** |  | **Monday (06.11.23)**  Lentil salad  Sweet and sour chicken with rice |  | **Monday (13.11.23)**  Toast with tuna  Pasta with pesto |  | **Monday (20.11.23)**  Chickpea salad  Adrio with vegetable bulgur |  | **Monday (27.11.23)**  **Carrot salad**  **Mexican rice with black beans** |
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| **Tuesday (31.10.23)**  **\*** |  | **Tuesday (07.11.23)**  **Tomato soup**  **Mexican Quesadillas** |  | **Tuesday (14.11.23)**  Antipasti salad with baby spinach  Chicory Pear Pizza |  | **Tuesday (21.11.23)**  Beetroot salad  Lentil Spinach Curry |  | **Tuesday (28.11.23)**  Roasted Brussels sprouts on pumpkin hummus  Fruit salad |
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| **Wednesday (01.11.23)**  Feta and Cucumber Salad  Pumpkin cakes with herb dip |  | **Wednesday (08.11.23)**  Artichoke salad  Beetroot tubers stuffed with lentils in apple sauce |  | **Wednesday (15.11.23)**  **Pumpkin soup**  **Birria Mexico** |  | **Wednesday (22.11.23)**  Lettuce  Pumpkin falafel with dates and hummus |  | **Wednesday (29.11.23)**  Raw vegetable sticks with dip and wood-fired bread  Tomato risotto |
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| **Thursday (02.11.23)**  Quinoasalat  Spaghetti with homemade tomato sauce |  | **Thursday (09.11.23)**  Chicory salad with nuts  Vegetable packet with tofu and pepper aioli |  | **Thursday (16.11.23)**  Grape salad with Morbier cheese  Tortillas with pepperoni and pumpkin |  | **Thursday (23.11.23)**  **Cucumber salad**  **Burritos Mexican Style** |  | **Thursday (30.11.23)**  Cheese salad  Vegetable cakes with potatoes |
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| **Friday (03.11.23)**  **Tomato salad**  **Enchiladas Lasagna** |  | **Friday (10.11.23)**  Orange couscous with cardamom yoghurt  Tuna croquette with green salad |  | **Friday (17.11.23)**  Lamb's lettuce  Savoy cabbage walnut pasta |  | **Friday (24.11.23)**  Cellery salad  Cauliflower Shakshuka |  | **Friday (01.12.23)**  **\*** |

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