**Menu Plan Densa Park – March 2024**

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| **Week 09** |  | **Week 10** |  | **Week 11** |  | **Week 12** |  | **Week 13** |
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| **Monday (26.02.24)**  **\*** |  | **Monday (04.03.24)**  Spinach soup refined with yoghurt  Gnocchi with green pesto and feta crumbs |  | **Monday (11.03.24)**  Avocado salad with pears  Parsnip casserole with minced meat |  | **Monday (18.03.24)**  Chickpea salad with kale  Homemade spaetzle with cheese sauce |  | **Monday (25.03.24)**  ***Welsh leek soup***  ***Welsh Rarebit: Cheese bread with herbs, cucumber sticks with yoghurt dip*** |
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| **Tuesday (27.02.24)**  **\*** |  | **Tuesday (05.03.24)**  ***Beetroot salad with vinaigrette***  ***Welsh Cawl: Lamb stew with leeks and seasonal vegetables*** |  | **Tuesday (12.03.24)**  Graubünden barley soup  Pressed potatoes with beans and chickpeas |  | **Tuesday (19.03.24)**  Broccoli soup  Lentil gratin with vegetables and béchamel sauce |  | **Tuesday (26.03.24)**  Green salad with radishes  Vollkornspaghetti a la Carbonara |
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| **Wednesday (28.02.24)**  **\*** |  | **Wednesday (06.03.24)**  Quinoa salad with carrots and mint  Barley risotto with steamed vegetables |  | **Wednesday (13.03.24)**  ***Rüblisalat mit Äpfeln***  ***Glamorgan Sausage mit Wildreis und Gemüsesticks*** |  | **Wednesday (20.03.24)**  Rice salad with tuna garnish  Cauliflower gratin with Gruyère |  | **Wednesday (27.03.24)**  Cheese salad with homemade bread  Chinese cabbage rolls |
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| **Thursday (29.02.24)**  **\*** |  | **Thursday (07.03.24)**  Green bean salad with orange and red beets  Brussels sprouts with carrots, herbs with walnuts, baked potatoes with cottage cheese |  | **Thursday (14.03.24)**  Couscous mit milder Merguez und gebratenem Gemüse der Saison  Fruchtsalat |  | **Thursday (21.03.24)**  ***Pumpkin cream soup with apples***  ***Welsh Leeks: Egg on a bed of steamed leeks with melted bread crumbles*** |  | **Thursday (28.03.24)**  Mango-Mozzarella-Salat  Wholemeal pasta with minced meat and apple sauce |
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| **Friday (01.03.24)**  Bread salad with corn and olives, vegetable sticks with yoghurt dip  Caramelized chicory refined with Graubünden raw ham |  | **Friday (08.03.24)**  Mung Sprout Salad with Tofu  Crepes with mixed vegetables in cream sauce |  | **Friday (15.03.24)**  Creamy cauliflower soup  Pak choi with steamed fish and boiled potatoes |  | **Friday (22.03.24)**  Artichoke salad  Vegetable tortilla with chicken cubes |  | **Friday (29.03.24)**  Fennel salad with sultanas  Potato savoy cabbage casserole with feta crumbs |

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