



Menu Plan Densa Park – October 2025

Week 40	Week 41	Week 42	Week 43	Week 44
Monday (29.09.25) *	Monday (06.10.25) Swiss chard salad Potato pancakes with Bündnerfleisch	Monday (13.10.25) Egg salad Potato rösti with vegetables and dip	Monday (20.10.25) Carrot salad Ebly on curry vegetables	Monday (27.10.25) Russian salad Vegetable risotto
Tuesday (30.09.25) *	Tuesday (07.10.25) <i>Chickpea salad</i> <i>Mongolian Tsuivan (noodle stew)</i>	Tuesday (14.10.25) Vegetable broth with pancakes Soup meat with vegetables	Tuesday (21.10.25) Portuguese soup Steamed dumplings with vanilla sauce	Tuesday (28.10.25) Avocados salad Cannelloni with delicious filling
Wednesday (01.10.25) Cucumber salad Pasta with butternut sauce	Wednesday (08.10.25) Tuna salad Couscous with colorful vegetables	Wednesday (15.10.25) <i>Pumpkin soup</i> <i>Mongolian Buuz (dumplings)</i>	Wednesday (22.10.25) Green Bean Salad Parmentier Gratin	Wednesday (29.10.25) Lamb's lettuce with egg Fried white cabbage with rice
Thursday (02.10.25) Carrot salad Brussels sprouts with potatoes	Thursday (09.10.25) Leek cream soup Veal adrio with fried potatoes	Thursday (16.10.25) Rice salad Tartiflette on a bed of green lettuce	Thursday (23.10.25) <i>Tomato and Mozzarella Salad</i> <i>Mongolian khuushuur (stuffed dumplings)</i>	Thursday (30.10.25) Mixed salad with apple slices Pizza with vegetables
Friday (03.10.25) Cheese salad Chicken nuggets with oven fries	Friday (10.10.25) Lettuce Spaghetti Pesto	Friday (17.10.25) Croutons with hummus Fried rice with vegetables	Friday (24.10.25) Chicory salad with grapefruit Pasta mit Zuchetti-Thon-Ragout	Friday (31.10.25) Lentil salad Colorful vegetable stew

Specialties according to the pedagogical theme of the month: Mongolia

