



Menu plan Densa Park – January 2026

Week 01	Week 02	Week 03	Week 04	Week 05
Monday (29.01.25) *	Monday (05.01.26) Tuna salad Bulgur with vegetables	Monday (12.01.26) Egg salad Pasta with pesto	Monday (19.01.26) Chicory salad Rice with vegetables and egg	Monday (26.01.26) Salad Quebecer « Pâté chinois »
Tuesday (30.01.25) *	Tuesday (06.01.26) <i>Hörnli salad</i> <i>"One Pot" with lemon rice and chicken</i>	Tuesday (13.01.26) Fennel salad Lentil Dal	Tuesday (20.01.26) <i>Minestrone</i> <i>Red beans with maple syrup</i>	Tuesday (27.01.26) Wheat pearl salad Bernese rösti with raclette cheese
Wednesday (31.01.25) *	Wednesday (07.01.26) Couscous salad Butternut gratin with lentils	Wednesday (14.01.26) <i>Beetroot salad</i> <i>Canadian Poutine</i>	Wednesday (21.01.26) Salad Nice Veal adrio with rice and gravy	Wednesday (28.01.26) Tomato cream soup Spätzle with vegetable julienne
Thursday (01.01.26) *	Thursday (08.01.26) Celery salad with pears Chickpea Ragout	Thursday (15.01.26) Quinoa salad Zucchini tart with lettuce	Thursday (22.01.26) Avocado salad Spaghetti Carbonara	Thursday (29.01.26) <i>Risoni salad</i> <i>Canadian cheese slices</i>
Friday (02.01.26) Green salad with apple pieces Spaghetti with tomato sauce	Friday (09.01.26) Vegetable soup Pâté with fried meatballs	Friday (16.01.26) Corn salad North German "Schnüsch" (vegetable soup)	Friday (23.01.26) Green salad Fish Bordelaise with potatoes	Friday (30.01.26) Basel flour soup Sweet potatoes with red lentils

Specialties according to the pedagogical theme of the month: Canada

