



Menu Plan Densa Park – August 2026

Week 32	Week 33	Week 34	Week 35	Week 36
Monday (03.08.26) Green salad Orchietto casserole with cauliflower and broccoli	Monday (10.08.26) Carrot salad Potatoes with Meli-Melo vegetables	Monday (17.08.26) Cucumber salad Couscous with vegetables and herb dip	Monday (24.08.26) Cheese salad Risotto with vegetables	Monday (31.08.26) <i>Beetroot salad</i> <i>Kamounia with bulgur</i>
Tuesday (04.08.26) Tomato salad Spaghetti Pesto	Tuesday (11.08.26) Boiled leeks on vinaigrette Tortillas with tomatoes and spinach	Tuesday (18.08.26) Potato gratin refined with spinach and coconut Fruit salad	Tuesday (25.08.26) Quinoasalat Potato cakes with vegetable julienne	
Wednesday (05.08.26) Cucumber salad Baked potatoes with sour cream and vegetables	Wednesday (12.08.26) <i>Flatbread with hummus</i> <i>Egyptian Fattah with Beef, Lamb and Rice</i>	Wednesday (19.08.26) Refreshing gazpacho Focaccia with vegetables and cream cheese	Wednesday (26.08.26) Appetizers Summer omelette with mushrooms	
Thursday (06.08.26) <i>Fennel salad</i> <i>Egyptian Kuschari with chickpeas</i>	Thursday (13.08.26) Lentil salad Colorful vegetable gratin	Thursday (20.08.26) <i>Tomato salad</i> <i>Sharwama with pita bread</i>	Thursday (27.08.26) Tuna salad Pizza Pesto e Genovese	
Friday (07.08.26) Wheat pearl salad Salmon with zucchini linguine	Friday (14.08.26) Vegetable sticks with dip and bread Salad Nice with tuna and egg	Friday (21.08.26) Rice salad Oven vegetables with cheese	Friday (28.08.26) <i>Corn salad</i> <i>Egyptian Sayadeya Stew</i>	

Specialties according to the pedagogical theme of the month: Egypt

