



Menu plan Densa Park – September 2026

Week 36	Week 37	Week 38	Week 39	Week 40
	Monday (07.09.26) Carrot salad Polenta with mild lentil and tomato ragout	Monday (14.09.26) Risoni salad Aubergine and courgette ragout with white beans	Monday (21.09.26) Carrot and apple salad Rösti with vegetables and herb quark	Monday (28.09.26) <i>Green salad</i> <i>Spaghetti carbonara</i>
Tuesday (01.09.26) Cooked bell pepper salad Potato and spinach frittata	Tuesday (08.09.26) <i>Tomato and mozzarella salad</i> <i>Vegetarian lasagne with mixed vegetables</i>	Tuesday (15.09.26) Chicory salad Romanesco and potato gratin	Tuesday (22.09.26) Cucumber salad Quinoa with mixed vegetables and chickpeas	Tuesday (29.09.26) Creamy tomato soup Vegetable rice with egg
Wednesday (02.09.26) Green salad Tortillas with minced meat and vegetables	Wednesday (09.09.26) Creamy curry soup Potato gratin with salsify	Wednesday (16.09.26) Carrot salad Swiss alpine macaroni	Wednesday (23.09.26) <i>Broccoli salad</i> <i>Pizza with tuna and vegetables</i>	Wednesday (30.09.26) Cabbage salad with feta Chicken ragout with mashed potatoes and leek
Thursday (03.09.26) <i>Celeriac salad</i> <i>Pappardelle al Romagnola</i>	Thursday (10.09.26) Egg salad Creamy mushroom risotto	Thursday (17.09.26) Green salad Tofu and vegetable stir-fry with bulgur	Thursday (24.09.26) Cheese salad Courgette piccata with rice	
Friday (04.09.26) Chickpea salad Selection of fish in white sauce with rice	Friday (11.09.26) Tomato and mozzarella salad Tofu in red curry sauce with rice	Friday (18.09.26) <i>Sweetcorn salad</i> <i>Minestrone with white beans and wholemeal bread</i>	Friday (25.09.26) Radish salad with pomegranate seeds Vegetable quiche	

Specialities for the educational theme of the month: Italy



*Changes are indicated on the daily menu Seasonal fruit and vegetables: Densa Park: Gebrüder Marksteiner / Bruderholz: Birmatterhof
Meat origin: chicken, lamb and pork: CH; beef and veal: CH, region*