



Menu Plan Densa Park – October 2026

Week 40	Week 41	Week 42	Week 43	Week 44
	Monday (05.10.26) Vegetable soup Adrio with balsamic sauce and pasta	Monday (12.10.26) <i>Celery salad</i> <i>Olluquito with beef</i>	Monday (19.10.26) Carrot and apple salad Polenta with lentil and vegetable ragout	Monday (26.10.26) Pumpkin soup Tortellini with ricotta and spinach
	Tuesday (06.10.26) Tuna salad Rösti with vegetables	Tuesday (13.10.26) Hummus with flatbread Meatloaf with swede and potatoes	Tuesday (20.10.26) <i>Beetroot salad</i> <i>Peruvian chicken stew with rice</i>	Tuesday (27.10.26) Chickpea salad Beef ragout with mashed potatoes and carrots
	Wednesday (07.10.26) Cucumber salad Chicken ratatouille with couscous	Wednesday (14.10.26) Cauliflower salad Vegetable lasagne	Wednesday (21.10.26) Fennel salad with turmeric Quinoa with vegetables and red beans	Wednesday (28.10.26) <i>Green salad</i> <i>Locro de zapallo (pumpkin and potato stew with cheese)</i>
Thursday (01.10.26) Cabbage and carrot salad Butternut squash with lentils	Thursday (08.10.26) White cabbage salad Millet and vegetable bake with cheese	Thursday (15.10.26) Carrot salad Potato and vegetable fritters with herb quark	Thursday (22.10.26) Cabbage and apple salad Vegetable pizza with mozzarella	Thursday (29.10.26) Carrot salad Potato salad with egg and cucumber
Friday (02.10.26) Tomato soup Crêpes with mushrooms	Friday (09.10.26) <i>Wheat berry salad</i> <i>Beef empanadas</i>	Friday (16.10.26) Green salad Vegetable paella with chicken	Friday (23.10.26) Chicory salad Egg tortilla with spinach and tomatoes	Friday (30.10.26) Sweetcorn salad Bordelaise-style fish with rice

Specialities for the educational monthly theme: Peru

