

Menu Plan Densa Park – November 2026

Week 45	Week 46	Week 47	Week 48	Week 49
Monday (02.11.26) Carrot and apple salad Tortelloni with ricotta in cream sauce	**Monday (09.11.26)** Vegetable soup Vegetarian Ticino toast with salad	**Monday (16.11.26)** **Team training** **ylaa closed**	**Monday (23.11.26)** Green salad Spaghetti with tomato sauce	**Monday (30.11.26)** Rice salad Romaine lettuce gratin with potatoes
Tuesday (03.11.26) Egg salad Millet with carrot and chickpea ragout	**Tuesday (10.11.26)** ***Carrot salad*** ***Scandinavian meatballs with mashed potatoes***	**Tuesday (17.11.26)** Hummus with vegetable sticks Gnocchi alla Romana	**Tuesday (24.11.26)** Celery salad Egg gratin Florentine style	
Wednesday (04.11.26) ***Beetroot salad*** ***Karjalanpiirakka with egg spread and salad (barley, millet and wheat bread)***	**Wednesday (11.11.26)** Fennel salad Barley risotto with mixed mushrooms and cheese	**Wednesday (18.11.26)** Cream of pumpkin soup Potatoes with vegetable medley and lentils	**Wednesday (25.11.26)** Risoni salad Zucchini cake with salad	
Thursday (05.11.26) Tuna salad Merguez with couscous and vegetables	**Thursday (12.11.26)** Green salad Leek tart	**Thursday (19.11.26)** ***Wheat berry salad*** ***Kaalikääryleet (cabbage roll) with rice***	**Thursday (26.11.26)** ***Chicory salad*** ***Poronkäristys with mashed potatoes and peas***	
Friday (06.11.26) Cucumber salad Salmon with potatoes and broccoli	**Friday (13.11.26)** ***Cream of tomato soup*** ***Muikku (fried fish) with potatoes***	**Friday (20.11.26)** Green bean salad Tortillas with spinach, tomatoes and red beans	**Friday (27.11.26)** Broccoli salad Chicken sausage with polenta	

Specialities for the educational monthly theme: Finland

Variations are indicated on the daily menu *Seasonal fruit and vegetables: Densa Park: Gebrüder Marksteiner / Bruderholz: Birsmatterhof*
Origin of meat: chicken, lamb and pork: CH; beef and veal: CH, local region