



## Menu Plan Densa Park – October 2024

Week 40	Week 41	Week 42	Week 43	Week 44
<b>Monday (30.09.24)</b>  <p style="text-align: center;">*</p>	<b>Monday (07.10.24)</b>  Romanesco salad  Couscous with vegetables and Ras-el-hanut-Sauce	<b>Monday (14.10.24)</b>  Tuna salad  Veal meatloaf with potatoes and carrots	<b>Monday (21.10.24)</b>  Chickpea salad  Äpler Magronen with onions	<b>Monday (28.10.24)</b>  Rice salad  Gresotto with pesto and carrots
<b>Tuesday (01.10.24)</b>  <b>Pumpkin soup</b>  <b>Dumplings with potatoes and brown fried onion sauce</b>	<b>Tuesday (08.10.24)</b>  Carrot salad  Beef goulash with leeks and potatoes	<b>Tuesday (15.10.24)</b>  Fagioli salad with tomatoes  Bulgur with vegetables	<b>Tuesday (22.10.24)</b>  Avocado salad  Merguez with baked rice	<b>Tuesday (29.10.24)</b>  Vegetable cream soup  Veal adrio in brown sauce with fried potatoes
<b>Wednesday (02.10.24)</b>  Tomato and Mozzarella salad  Risotto with vegetables	<b>Wednesday (09.10.24)</b>  <b>Cream tomato-Suppe</b>  <b>Potato noodles with herbs</b>	<b>Wednesday (16.10.24)</b>  Zucchini salad with tomatoes  Pizza Quattro Formaggi	<b>Wednesday (23.10.24)</b>  Vegetable sticks with dip and bread  Polenta slices with tomato sauce	<b>Wednesday (30.07.24)</b>  <b>Quinoa salad</b>  <b>Cheese spaetzle with fried onions</b>
<b>Thursday (03.10.24)</b>  Cucumbers with cream cheese  Gratin of cauliflower and potatoes	<b>Thursday (10.10.24)</b>  Bean salad  Casserole with vegetables and sweet potatoes	<b>Thursday (17.10.24)</b>  <b>Beetroot salad with feta</b>  <b>Königsberger meatballs with wild rice</b>	<b>Thursday (24.10.24)</b>  Cellery salad  Pumpkin lentil casserole	<b>Thursday (31.10.24)</b>  <p style="text-align: center;">*</p>
<b>Friday (04.10.24)</b>  Crostini al tomato  Pasta with Bolognese sauce	<b>Friday (11.10.24)</b>  Lettuce  Tart with leeks and tomatoes	<b>Friday (18.10.24)</b>  Pasta salad  Fish gratin with steamed potatoes	<b>Friday (25.10.24)</b>  <b>Mixed lettuce</b>  <b>Swabian Ravioli with spinach</b>	<b>Friday (01.11.24)</b>  <p style="text-align: center;">*</p>

*Specialties according to the pedagogical theme of the month: Germany*

