



www.gastronomiexpresen.dk

T: 40 96 17 12

E: soren@gastro-co.dk

Lunch for the weeks 27, 28 & 31, 32

WEEK 27

Monday, 3.7

Whole roasted tenderloin of Danish pork with light-creamed mushroom fry, parsley potatoes, raw pickled courgette in sour vanilla layers, lettuce on summer cabbage, citrus and roasted nuts, bread

Vegetarian: marinated eggplant in panko instead of pork tenderloin

Tuesday, 4.7

Lightly spiced turkey meatballs with baked herbs, tomato onion compote, roasted cauliflower salad and wheat kernels with spring onions, dried sweet berries and lime, sourdough bread

Vegetables: balls of herbs instead of turkey meatballs

Wednesday, 5.7

Two editions of the Danish cod:

Baked slices with herb breadcrumbs on green fricassee

Ceviche of freshly caught Baltic cod, with lime - coriander and pepper composed salad and sourdough bread.

Vegetarian: asparagus and new porrites instead of cod

The cake: Dream cake from Brovst

Thursday, 6.7

Tartlets with chicken and herbs as well as asparagus, composed salad, small danish potatoes in salsa verde and freshly baked rosemary bread

Vegetarian: Vegetarian version with white beans instead of chicken

Friday, 7th.

Friday Steak !!

Rump steak with thyme and sea salt, new potatoes with mild garlic pepper, green vegetables, rich green salad and sourdough bread

Vegetarian: Tomato pie with talleggio and thyme instead of rump steak.



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Week 28

Monday, 10.7

Marinated turkey steak with cumin spicy curry - lemongrass

Basmati rice - coconut flakes - spicy tomato-coconut sauce - cardamom bread

Vegetarian: Marinated tofu instead of turkey

Tuesday d 11.7

Wok dish with vegetables and tiger prawns served in warm noodles and spicy sauce

Melon salad with mint and cabbage salad and crispy bread

Vegetarian: wok dish with fried okra instead of tiger prawns

Wednesday, 12.7

Neck of Danish pig with parsley and citrus, pasta with baked vegetables, cauliflower crust with almonds and yogurt. Rosemary foccacia

Vegetarian: summer celery "hasselbach" instead of the pig's neck

Thursday, d.13.7

Chicken buns in herb fried cheese with new potatoes and dill gherkins in their own making, crisp romaine with grandmother dressing and roasted sunflowers.

Vegetarian: slightly warm Bean Terrine instead of Chicken Bowls

The cake: spice cake with cream cheese and lemon peel

Friday, 14.7

Pancake with beef and various fillings "Mexicana"

Vegetarian: Baked beans and vegetables instead of beef

A little sweet: little earthen cake with dark chocolate and vanilla cream

Good summer vacation seen Monday, 31.7.2017



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Week 31

Monday, 31st

Roast chicken breast with salad of new potatoes, coarse mustard and estragon
Spinach salad with roasted kernels and courgettes, coarse bread and olive oil

Vegetarian: Marinated fried haloomi instead of chicken breast.

Tuesday, 1.8

Marinated spareribs "chinastyle" with garlic and peanuts, noodles and fried vegetables
hoisin, cabbage salad sour and noodle bread

Vegetarian: Baked aubergines instead of spareribs

Wednesday d. 2.8

Vegetables minestrone with butterbeans and tomato

Vegetarian: same.

The cake: Brominated muffin with vanilla cream and lime

Thursday, 3.8

Salmon and its cousin the trout, both cold and hot, cabbage salad and sourdough bread

Friday d. 4.8

Large buffet with "pålæg" (cold cuts), coarse bread, salads and delicious ingredients

Vegetarian: Lots of vegetarian touches



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Week 32

Monday, 7.8

Spaghetti with tiger prawns and vegetables in citrus and basil, rough salad with roasted peanuts, coarse bread

Vegetarian: Vegetarian spaghetti dish with tofu instead of tiger prawns

Tuesday, 8.8

Chicken in red curry with pimento and onions, noodles and coriander, dipsticks with chopped lettuce, sesame marinade

Vegetarian: Pear mushroom pie

Wednesday, 9.8

Classic meatballs with homemade cucumbers, new potatoes and lightly spiced cabbage, rich green salad and bread

Vegetarian: Herbs instead of meatballs

Cake: blackberry mazarin cake

Thursday, 10.8

Marinated neck cutlets, cous cous with lime and herbs
Eggplant dip with green sticks and tomato salsa.

Vegetarian: Falafel instead of the cutlets.

Friday, 11.8

Time for a US burger with fries and a little piece of chocolate afterwards

Vegetarian: Vegetarian burger with bean steak instead of beef.