



www.gastronomiexpresen.dk

T: 40 96 17 12

E: soren@gastro-co.dk

## LUNCH weeks 41-44

### Week 41

---

#### Monday 9.10

Chicken teriyaki with wok vegetables and noodles, 2 rich salads, mango chutney and chilli oil and sesame bread

Vegetarians: tofu teriyaki instead of chicken

#### Tuesday 10.10

*Hakkebøf* (minced steak) with 3 kinds of glazed onion, pickled cucumbers, parsley potatoes, cauliflower salad with spiced dressing and croutons

Vegetarians: Tart with autumn mushrooms with thyme instead of chopsticks

#### Wednesday 11.10

Mulligatawny soup with poultry, rice and vegetables in red coconut milk, Indian bread

Vegetarian: Vegetarian mulligatawny with lentils instead of chicken

*The cake: Homemade cream balls rolled in coconut*

#### Thursday, 12.10

3 lovely editions of the Norwegian salmon made with creative accessories and sourdough bread

Vegetarians: Vegetables risotto with Gruyere instead of salmon

#### Friday, 13.10

Bohemian of the 80s (not really translatable, but anyway..):

Beef cuvette fried with thyme and a bunch of garlic, fritters, cold sauce béarnaise, baked courgettes, green salads and small wheat balls

Vegetarians: Potato samosa with thyme and garlic instead of cuvette



**GASTRONOMI  
EXPRESSEN**



www.gastronomiexpresen.dk

T: 40 96 17 12

E: soren@gastro-co.dk

## **Week 42**

---

### **Monday 16.16**

*Roast pork Boulangère* with onion and potatoes in light sauce, salad with baked vegetables. Herbs, freshly baked bread

Vegetarian: Broccoli pie with tofu and roasted chickpeas

### **Tuesday 17.10**

Spaghetti with baked herbs - with a bite - spicy tiger prawns and parsley oil. Tomato salad with mozzarella and almond bread

Vegetarians: Tofu instead of tiger prawns

### **Wednesday, 18.10**

*Cod Orly* (deep fried cod in dough) with dip, fried rice and vegetables, crisp broccoli salad and coarse bread

Vegetarians: Root vegetables *Orly* instead of cod

### **Thursday 19.10**

*Burning luv'*, X-LARGE! Bacon, mashed potatoes and other roots, pickled beets

Vegetarians: Kidney beans instead of bacon

*The cake: Apple muffin with cinnamon sticks*

### **Friday, 20.10**

All: *Buffet grande* with touches from home and abroad, healthy, rough and coarse (Nordic style/slightly barbaric), cold and hot



www.gastronomiexpresen.dk

T: 40 96 17 12

E: soren@gastro-co.dk

## Week 43

---

### Monday 23.10

Coq au wine with mushrooms and pearl onions, loose rice, cornichons and rich salad, sourdough bread

Vegetarians: tomato bean fricassee with mushrooms and pearl onions instead of chicken

### Tuesday 24.10

Classic frikadeller (meatballs) with slightly stewed lettuce cabbage, parsley potatoes and pickled cucumbers, coarse bread

Vegetarians: Tortilla with celery and leeks instead of meatballs

### Wednesday 25.10

Turkey chunks in Indian rub, served with baked potato dices, yogurt with tomato and mint

Vegetarians: Dhal / Dal instead of turkey

*The cake: Carrot cake with creamy topping flavoured with lime*

### Thursday 26.10

Paella catalane, with chicken, naked prawns (!), peppers, lemon and parsley, chilli oil and bread

Vegetarian: Vegetarian paella

### Friday 27.10

Build it your way: Highway 1 burger with a view of bacon, cheese, salad and chilli mayo to the fries.

Vegetarian: Vegetarian burger edition



**GASTRONOMI  
EXPRESSEN**



www.gastronomiexpresen.dk

T: 40 96 17 12

E: soren@gastro-co.dk

## **Week 44**

---

### **Monday 30.10**

Braised Beef with parsnips and classic mashed potato and pumpkin, pickled cucumbers, chickpeas salad

Vegetarians: Pumpkin pie with pimento and cheddar

### **Tuesday 31.10**

Charcuterie with various creative accessories and a light warm dish, lots of coarse bread

Vegetarians: green festival instead of charcuterie

### **Wednesday 1.11**

Lasagne with green salad, Heinz and coarse bread

Vegetarians: vegetable salad

*The cake: Pear pie with marzipan and crème fraîche*

### **Thursday 2.11**

Chops in dish, cooked in oven - like in the 80s

Vegetarians: Light creamy root vegetables and white beans instead of chops

### **Friday 3.11**

Caesar salad with fried chicken breast, Parmesan dressing and full salad

Vegetarians: falafels instead of chicken