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LUNCH WEEKS 11-18

WEEK 11

Monday 9.3

Neck roast with baked roots and potatoes as well as rosemary gravy with mustard. Raw red cabbage salad with toasted nuts and mild orange dressing, focaccia bread

Vegetarian: Samosa with potato and peas

Tuesday 10.3

Buffet with cold and warm, with coarse bread and green touches.

Vegetarian: Even greener touches as a buffet

Wednesday 11.3

Baked Norwegian salmon with vegetable fricassee, parsley potatoes and cauliflower garnish. Wheat kernel salad with spring onion and salty lemon, sourdough bread

Vegetarian: Warm paté instead of salmon

The cake: rum balls rolled in coconut

Thursday 12.3

Chicken entrees with herbs, teriyaki and basmati rice, home made chutney, cabbage salad and sesame bread

Vegetarian: Roast poultry with herbs, teriyaki and basmati rice, home made mango chutney, cabbage salad and sesame bread

Friday the 13.3

Pasta penne with coarse tomato sauce, baked zucchini, cucumber salad with pesto. Rosemary bread, grated parmesan

Vegetarian. Same



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Week 12

Monday 16.3

Pakistani inspired turkey with tomato and pepper, coarse bread and 2 composed salads

Vegetarian: stew with chickpeas and roots

Tuesday d 17.3

Pork roasted with red curry and spring onion, served with yogurt dip, baked potato salad with toasted nuts, and coarse bread and basmati rice

Vegetarian: long-baked parsley roots instead of chicken

Wednesday 18.3

Noodle dish with tiger prawns, chili oil, crispy vegetables and toasted sesame, heart salad with beans and peanuts

Vegetarian: noodle dish with tofu, crispy vegetables et cetera

Thursday 19.3

Long-braised beef rope with rosemary and sea salt, baked beets, stumped potatoes. Salad on crispy vegetables with virgin olive oil and citrus, coarse bread

Vegetarian: Baked fennel with brown beans instead of beef ropes

Cake: Apple pie with vanilla skyr

Friday, March 20

Caesar salad with fried chicken breast, deconstructed

Vegetarians: Quiche with leeks and potatoes, salads and parmesan dressing

A little sweet constructed for afterwards...



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Week 13

Monday 23.3

Green curry chicken and coconut milk with cinnamon rice, sultanas and coconut flakes, sour cucumber, crispy bread

Vegetarian: Spinach mushroom flan in crispy filo dough with asparagus and green curry

Tuesday 24.3

Braised veal breast with leeks and carrots in light horseradish sauce. For this, parsley potatoes, sour, cauliflower salad and broccoli with butter roasted croutons

Vegetarian: Tofu instead of veal breast

Wednesday 25.3

Cod *frikadell's* with homemade *remoulade*, dill potatoes and rich green salad. Spring garnish and coarse bread

Vegetarians: Poached leeks with hazelnuts and browned butter

Thursday 26.3

Vegetarian minestrone - with beans, tomato and lots of greens

Vegetarian: Minestrone...

Cake: Rhubarb trifle with macaroons and vanilla cream

Friday 27.3

Meatloaf, pickled berries, small potatoes and cream sauce

Vegetarians: Crispy pie with potatoes, Reblochon and caramelized onions



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Week 14

Monday 30.3

Pasta al arrabiata with baked chicken and roasted peppers, salad panzanella and sourdough bread - *Mama Mia, benvenuta primavera !!*

Vegetarian: Fried tofu instead of chicken

Tuesday 31.3

Pork patty French style with peas and green asparagus in light cream sauce, parsley potatoes and sours

Vegetarian: Chickpea-herb crumb with peas and green asparagus in light cream sauce, parsley potatoes and sour

Wednesday 1.4

Pork chop in dish, fried Portobello and Parma with tarragon, crispy fennel / carrot salad with toasted sunflowers and mustard dressing and tomato bread

Vegetarian: Celeriac with baked beans instead of pork

Thursday 2.4

Fried fish from marked with baked beets, mild mustard-beurre blanc, new potatoes. Composed salads and coarse bread

Vegetarian: Chicken eggs on spinach sauté instead of cod

The cake: Brownie with cream fraiche

Friday 3.4

Tortillas food pancakes with beef, yogurt, red onion and parsley and tomato bread. Two composed salads

Vegetarian: Food pancakes with spicy bean salsa, yogurt, red onion and parsley and tomato bread. Two composed salads



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Week 15

Monday 6.4

Spaghetti with citrus cream, chicken and spring onion. Salad with pesto

Vegetarian: Spaghetti with grilled vegetables instead of chicken

Tuesday 7.4

Pork Asian style with soy and ginger, served with chutney, spicy cabbage salad, marinated noodles and chili bread

Vegetarian: Marinated mushrooms and leeks instead of pork

Wednesday 8.4

Roast lamb with salt lemon and gnocchi, toasted mushrooms and green asparagus. Salad with mozzarella and small tomatoes and basil pesto

Vegetarian: Falafel instead of lamb roast.

The cake: Easter eggs...

Thursday 9.4

Easter Closed

Friday 10.4

Easter Closed



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Week 16

Monday 13.4

Easter Closed

Tuesday 14.4

Chicken: sweet chilli, spice rice, mango salsa, coconut salad and pimento

Vegetarian: Stuffed, crispy philo packs instead of chicken

Wednesday 15.4

Porchetta with baked herbs and potatoes, avocado dip and mint tomato salad

Vegetarian: Herbs in tempura instead of Porchetta

Thursday 16.4

Lady and the vagabond: Polpette al sugo!

Vegetarian: Bean curds instead of meatballs

Cake: Almond cake with orange glaze

Friday 17.4

Burger US style *avec le frite et mayo*

Vegetarian: vegetarian burger with all the good stuff!



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Week 17

Monday 20.4

Pasta pesto with baked chicken and roasted peppers, panzanella salad and sourdough bread

Vegetarian pasta: pesto with baked vegetables and roasted peppers, salad panzanella sourdough bread

Tuesday 21.4

Casserole with turkey and baked vegetables, nut pesto. Spinach salad with marinated mozzarella and green asparagus, focaccia with spices

Vegetarian: Casserole with chickpeas instead of turkey

Wednesday 22.4

Editions of tuna with green features

Vegetarian: Fried artichokes with peas, feta and dill

Cake: Coconut macaroon dipped in chocolate

Thursday 23.4

Crispy lemon Pig!! Baked fennel and new potatoes with parsley / mustard gravy. Rich romaine salad with yogurt dressing

Vegetarian: Fried eggplant in herb pancake instead of pork

Friday 24.4

Meat balls / *Frikadell's* with classic potato salad, cucumber salad and coarse bread.

Vegetarians: Pie with beans and tomato, classic potato salad, cucumber salad and coarse bread

Small chocolates for the sweet tooth...



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Week 18

Monday 27.4

Veal fricassee with green asparagus, peas and mint as well as new potatoes.
Cucumber salad with citrus emulsion and toasted pumpkin seeds

Vegetarian: Fried squash and white beans instead of veal

Tuesday 28.4

Chicken meatballs with baked vegetables in red curry, fresh coconut salad with lime and loose rice. Broccoli salad in vinaigrette with roasted peanuts, sesame bread

Vegetarian: Falafel instead of chicken

Wednesday 29.4

Fish'n chips with dip, lemon two full salads and sourdough bread

Vegetarian: Tempura vegetables instead of fish

Thursday 30.4

Turkey chunks with salad of spinach, dates and toasted almonds. New potatoes and beet / citrus yogurt and crispy bread

Vegetarian: Lentil herb balls instead of meat

Cake: "lemon moon" with sour glaze

Friday 1.5

Lasagne with salads

Vegetarian: Vegetables, tofu and lentils in spiced coconut milk, rice and naan bread