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LUNCH WEEK 38

Week 38

Monday 14.9

Vegetable curry with lentils, chili oil, fresh coriander, naan bread and raita

Vegetarian: same

Tuesday 15.9

Stewed beef, pickles, classic mashed potatoes, coarse salad, bread

Vegetarian: Bean cassoulet with root vegetables in tomato sauce

Wednesday 16.9

Thai soup with chicken, lime and ginger, lots of vegetables, rice noodles - sesame bread and chili oil

Vegetarian: Spicy vegetable soup instead of chicken soup

The sweet tooth: Homemade "student bread" with coconut and plums

Thursday 17.9

Tuna tataki, crispy rye croutons, pickled capers, nut-crust, 2 lovely salads

Vegetarian / vegan: Lentil terrine instead of Tuna

Friday 18.9

Asian-inspired pork in spicy sauce - lots of vegetables and chutney - crispy bread and chili / garlic oil - loose rice

Vegetarian: Mushroom pie with tofu instead of pork



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Week 39

Monday 21.9

Roast, with spicy rub and rice. Eggplant okra sauce - salad with of orange, red onion and date salsa. Sweet bread and dip

Vegetarian: New parsnips instead of roast.

Tuesday 22.9

Stuffed turkey breast with parsley and nuts. Light coleslaw on pointy cabbage and carrots in sour sweet vinaigrette, baked potatoes with sea salt, hot tomato fricassee with shallots and brown sugar. Freshly baked bread with sunflowers and pumpkin seeds

Vegetarian: Fried celery with soufflé instead of stuffed turkey

Wednesday 23.9

Stir-fried Norwegian salmon - Asian style - with dips - raw vegetables. Crispy shrimp chips and basmati rice with anise and spring onions

Vegetarian / vegan: Baked fennel and Pak Choi - Thai style instead of salmon

The cake: "Brunsviger" with plums

Thursday 24.9

The large cold table with warm and coarse bread

Vegetarian: Vegetarian elements as a buffet

Friday 25.9

Spicy meatballs of poultry, potato pies with thyme, composed. Salads, salsa piquante - raw cabbage salad - freshly baked bread

Vegetarian: Chickpeas instead of Poultry



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Week 40

Monday 28.9

Lightly fried pork, crispy herbs and noodles with goma dressing, teriyaki melon salad and crispy bread

Vegetarian: Noodle dish with silk tofu instead of pork

Tuesday 29.9

Lightly seasoned beef kebab, potato boats with thyme-mint yogurt. Marinated aubergines and red peppers. Crispy bread with chili

Vegetarian: Leek pie with Gruyere instead of beef kebab

Wednesday 30.9

Marinated chicken with cinnamon and lemon, spicy gravy. Cous cous with apple and parsley, red cabbage salad with nuts, pimento bread

Vegetarian: Baked herbs and chickpeas with cinnamon and lemon instead of chicken

Thursday 1.10

Deep pan pizzas with various fillings, salads, dips

Vegetarians: vegetarian versions

Cake: Chocolate double chipped chocolate cookies with peanuts

Friday 2.10

Tapas: Catalan y todo d'España and the same for vegetarians



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Week 41

Monday 5.10

Turkey in red curry and coconut, baked vegetables, basmati rice. Melon salad with ginger and lemon and nut bread

Vegetarian: Vegetable curry

Tuesday 6.10

Fried pork with parsley sauce, home-pickled beets, parsley potatoes, cabbage salad and wholemeal bread

Vegetarian: Fried Haloomi and parsley roots instead of pork

Wednesday 7.10

Potato leek soup with thyme oil and garlic croutons

The cake: coconut tops with citrus and chocolate

Thursday 8.10

Cod crépinette with leeks and mint in light cream sauce. Add herbs and potatoes with thyme and crispy salads

Vegetarian / vegan: The herb crépinette instead of cod

Friday 9.10

Caesar salad, grilled chicken breast, salads, croutons, parmesan

Vegetarian: Potato pie with eggs and Emmenthaler instead of chicken



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WEEK 42

Monday 12.10

Tender veal breast chunks with BBQ, roasted sesame, coleslaw, spicy potatoes and crispy salads

Vegetarian: Samosa with artichoke and peas instead of veal breast.

Tuesday 13.10

Chicken baked with potatoes and spring onions, served with yoghurt dip, celery salad with roasted nuts and soft goat cheese and coarse bread

Vegetarian: Cabbage dolma with lentils instead of chicken

Wednesday 14.10

Spicy meatballs of beef with baked vegetables and chili, tomato fricassee with apricot and pearl onion, loose rice and red cabbage salad with roasted nuts and citrus dressing

Vegetarian: Mushroom pie with warm tomato fricassee

Thursday 15.10

Fried market fish, coarse remo, lemon, dill potatoes and tomato salad with mint

Vegetarian / vegan: baked celery fried in panko instead of fish

The cake: Orange almond cake with cinnamon cream

Friday 16.10

Beef cuvette bourguignon with coarse mash of root vegetables and mustard. Add pickled cucumbers and rich salad with roasted seeds.

Vegetarian: Baked onions and root vegetables bourguignon



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Week 43

Monday 19.10

Pakistani inspired stew with wholemeal bread and 2 composed salads

Vegetarian: Vegetarian version

Tuesday 20.10

Large buffet with warm touches and coarse bread

Vegetarian: Vegetarian elements

Wednesday 21.10

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

Vegetarian: Tofu instead of chicken meatballs

Thursday 22.10

Crispy fried dark saithe in panko with ravigote sauce, oven-baked potatoes and cauliflower garnish. Wheat kernel salad with spring onions and parsley

Vegetarian: Root vegetables in panko instead of dark saithe

The cake: Pear pie with lemon yogurt

Friday 23.10

Friday roast: Porchetta with crispy crust, rosemary and sea salt and baked beets. Salad of crispy vegetables with virgin olive oil and citrus, tagliatelle and watercress sauce and sourdough bread

Vegetarian: Falafel with 2 dips



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Week 44

Monday 26.10

Tartlets with chicken filling, vegetables, parsley potatoes and “grandma salad”

Vegetarian: Vegetarian version

Tuesday 27.10

The pork chop in a dish, fried Portobello and parma cheese with esdragon, crispy fennel / carrot salad with roasted sunflowers and mustard dressing and tomato bread

Vegetarian: Haloomi instead of chop

Wednesday 28.10

Crispy duck drumsticks with baked red onions and vinaigrette, baked potato chunks, thyme gravy. Salad with beetroot and orange as well as almond crust, sourdough bread

Vegetarian: Fried stuffed peppers instead of duck legs

Thursday 29.10

Moroccan-inspired lamb, 2 kinds of hummus and crispy bread, rice with peppers and tomato, cabbage salad with cumin and parsley

Vegetarian: Moroccan vegetarian version

The cake: Apple cake with sour cream

Friday 30.10

Roasted pork tenderloin, leeks and coleslaw in mild soy sauce. Warm noodle salad with stir-fried fried vegetables and sesame, mango salsa

Vegetarian: Leeks and parsnips instead of pork



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Week 45

Monday 2.11

Turkey gremolata, lemon, almonds and parsley, tomato / pepper salsa, freshly cooked gnocchi

Vegetarian: Root vegetables instead of turkey

Tuesday 3.11

1/1 fried chickens, cucumber salad, small parsley potatoes, chicken gravy, plum compote, large cabbage salad

Vegetarian: fried endive with rye flour and sauce beurre blanc

Wednesday 4.11

Various Italian-inspired dishes, both cold and warm, fish and seafood....

Vegetarian: Vegetarian versions.

The sweet tooth: Orange chocolate cake with mint syrup

Thursday 5.11

Pasta Carbonara, parmesan, vegetables, 2 composed salads

Vegetarian pasta dish

Friday 6.11

Porchetta fried with potatoes and vegetables and garlic, celery / mushroom remoulade, vegetable sticks and salad

Vegetarian: Bean terrine instead of porchetta