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Lunch, week 5-10

WEEK 5

Monday, 29.1

Pasta carbonara ~ bacon, parsnip, onion, crème sauce. Salad on green beans and baked shallots, basil dressing and focaccia

Vegetarian: Vegetarian pasta with tofu instead of bacon

Tuesday, 30.1

Salad Niçoise ~ tuna, eggs, lots of green, freshly baked bread, olive bread

Vegetarian: Fried aubergines with garlic and lemon instead of tuna

Wednesday, 31.1

Asian soup with herbs and noodles and sesame bread

Vegetarian: Coconut - Vegetable soup

Cake: homemade "romkugler"

Thursday, 1.2

Porchetta with thyme and garlic, crushed potatoes and kohlrabi with olive oil and parsley, baked carrots in pesto and pickled cucumbers and courgettes, freshly baked bread

Vegetarian: Warm tomato pie with gruyere instead of Porchetta.

Friday, 2.2

Crispy chicken served with sauce ravigote, fries and salad

Vegetarian: Tempura vegetables instead of crispy chicken



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Week 6

Monday, 5.2

Moroccan-inspired turkey, spicy tomato sauce. Small baked potatoes with goat cheese and thyme - white cabbage salad with orange / red onions

Vegetarian: Halloumi instead of turkey

Tuesday, 6.2

Cutlets in oven dish with plum tomatoes - garlic and rosemary in cream sauce
In addition, pasta and composed salad with baked root vegetables

Vegetarian: Bagged pumpkin instead of the cutlets

Wednesday d. 7.2

Fricassee with beef and root vegetables, served with loose rice and sour

Vegetarian: Red beans instead of beef

Dessert: plum-citrus cake with raw cream and almond caramel

Thursday, 8.2

Mediterranean delights

Vegetarian: green Mediterranean flavours

Friday, 9.2

The Friday Roast!!

1/1 fried culottes with mushroom mousseline sauce and small potatoes.
Composed salad with kale and apple, freshly baked bread.

Vegetarian: Herb steak instead of Culottes.



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WEEK 7

Monday, 12.2

Pasta al arrabbiata, with meat balls of beef. Salad panzanella, wheat grain salad with citrus, squash and olive oil

Vegetarian: Falafel instead of meat balls

Tuesday, 13.2

Chicken baked with chickpeas and spring onion, served with yogurt dip, jerusalem artichoke salad with roasted nuts and soft goat cheese, and bread

Vegetarian: Tofu instead of chicken

Wednesday, 14.2

Beef stroganoff with mashed potatoes, crème fraiche and parsley. In addition, pickled cucumbers and rich salad with roasted grains.

Vegetarian: Baked Herbs In tomato sauce instead of beef stroganoff

Thursday, 15.2

Fish cakes with salmon and baked herbs, coarse "remolade", lemon, dill potatoes and tomato salad with mint

Vegetarian: Herbs instead of Fish cakes

The cake: Orange-almond cake with vanilla sauce

Friday, 16.2

Pork cheeks with spinach and red pepper served with chutney, spicy cabbage salad. Basmati rice with whole cinnamon and cardamom bread

Vegetarian: Portobello mushrooms instead of pork



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WEEK 8

Monday, 19.2

Tartlets with chicken fillets, carrots, asparagus, parsley potatoes and grandma salad

Vegetarian: Tofu tartlets instead of chicken

Tuesday, 20.2

Ossobuco with tomato, root vegetables and loose rice. In addition 2 salads and bread

Vegetarian: Herb-rice balls instead of Ossobuco

Wednesday d. 21.2

Roasted sirloin of *Grambogård* pig, and heart salad in mild soy dip. Warm noodle salad with stir fried vegetables and sesame, mango salsa

Vegetarian: Warm noodle salad with tofu instead of sirloin

Thursday, 22.2

Oven-baked cod with cauliflower garnish, salted potatoes. Baked beetroot with lemon and salted capers, cucumber dip and homemade bread

Vegetarian: White beans instead of cod

Sweet: *Banana muffin with vanilla and lime toppings*

Friday, 23.2

Pita bread with 8 different "fill-yourself" options.

Vegetarian: Same (lo mismo)

Small chocolates for the sweet tooth



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WEEK 9

Monday, 26.2

Chicken "satay", noodles in sweet sauce, crisp broccoli salad with soya emulsion; sesame bread

Vegetarian: Baked parsnips instead of chicken

Tuesday, 27.2

Meatballs with baked vegetables in red curry, fresh coconut salad with lime, loose rice, broccoli salad in vinaigrette with roasted peanuts, sesame bread

Vegetarian: Lentil-herbs balls instead of meatballs.

Wednesday, 28.2

Buffet with warm and cold flavours with 2 kinds of coarse bread

Vegetarian. Same (lo mismo)

Thursday, 1.3

Turkey steak provencale with tomato / pimento / onions and parsley, pickled cucumbers, mashed potatoes. Salad with lentils and herbs, rye bun

Vegetarian: Fried tofu instead of turkey

The cake: Brownie with walnuts

Friday, 2.3

Roast Beef ~ Potato fries; herb dip; coleslaw light, bread

Vegetarian: Bean-herb steak instead of roast beef



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WEEK 10

Monday, 5.3

Chunks of turkey with gremolata "served with organic pasta; baked celery with pepper bacon, pimento / tomato / shallot salad, for this sourdough bread

Vegetarian: Halloumi, toasted mushrooms. No turkey and bacon!

Tuesday, 6.3

Coq au wine with mushrooms and shallots in red wine sauce with rice pilaf. To accompanied with cornichons, homemade bread and green salads

Vegetarian: Dhal instead of Coq au wine

Wednesday d. 7.3

Light creamed fish soup with cod and herbs, rouille, coarse bread

Vegetarian: Creamy Vegetable soup with potatoes

The cake: Almond cake with lemon glaze

Thursday, 8.3

Small, slow cooked BBQ ribs, beans and vegetables in spicy tomato sauce, light coleslaw, green salad and sourdough bread

Vegetarian: slow cooked celery with BBQ

Friday, 9.3

Vitello tonnato, cauliflower cucumber, green sticks with dip, composed salad with potatoes, coarse bread

Vegetarian: Tortilla with pimento and thyme instead of vitello tonnato