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LUNCH

WEEK 11

Monday, 12.3

Chicken balls with ginger and lime glaze, for this lens dhal, small naan bread

Tuesday, 13.3

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

Wednesday, 14.3

Baked Norwegian Salmon with vegetables fricassé, parsley potatoes and cauliflower garnish, wheat salad with spring onions and salt lemon, sourdough bread

Vegetarian: Warm pate instead of salmon

The cake: "Romkugler" rolled in coconut

Thursday, 15.3

Roasted neck of pig with baked roots and potatoes and rosemary with mustard
Raw, red cabbage salad with roasted nuts and mild orange dressing and focaccia bread

Vegetarian: Samosa with potato and peas.

Friday, 16.3

Pasta penne with coarse tomato sauce, baked courgette, pointy cabbage salad with pesto. Rosemary bread and grated parmesan

Vegetarian: same



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WEEK 12

Monday, 19.3

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

Vegetarian: Stew with chickpeas and roots.

Tuesday, 20.3

Pork roast with red curry and spring onion served with yogurt dip, baked Jerusalem artichoke salad with roasted nuts and coarse bread and basmati rice

Vegetarian: slow baked parsnips instead of chicken.

Wednesday, 21.3

Noodles with tiger prawns, chilli oil, crispy vegetables and roasted sesame, heart salad with beans and peanuts

Vegetarian: noodles with tofu, crispy vegetables etc.

Thursday, 22.3

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

Vegetarian: Baked fennel with brown beans instead of beef stew.

The cake: Apple cake with vanilla cream

Friday, 23.3

Caesar salad with skin fried chicken breast, deconstructed.

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

A little sweet afterwards.



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WEEK 13

Monday, 26.3

The happy pig and green asparagus in green curry and coconut milk with cinnamon rice, sultanas and coconut flakes, sweet and sour pointy cabbage, crispy bread

Vegetarian: Spinach mushroom flan in crisp filo pastry with asparagus and green curry

Tuesday, 27.3

Braised veal breast with leeks and carrots in light horseradish sauce. In addition, parsley potatoes, sours, salad with cauliflower and broccoli with buttered croutons.

Vegetarian: Tofu instead of veal breast.

Wednesday, 28.3

Easter: Lamb with thyme and mild garlic, spinach salad with feta and green beans

Vegetarian: warm, baked asparagus instead of lamb

Homemade chocolate for the sweet tooth.

Happy Easter!



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WEEK 14

Tuesday, 3.4

Pasta all'arrabbiata with baked chicken and roasted peppers, salad panzanella and sourdough bread.

Vegetarian: Fried tofu instead of chicken.

Wednesday, 4.4

Pork chop, fried Portobello and parma with estragon, crisp fennel-carrot salad with roasted sunflowers and mustard dressing as well as tomato bread

Vegetarian: Celeriac with baked beans instead of the chops

Thursday, 5.4

Fried Baltic Sea cod with baked beetroot, mild mustard, beurre blanc, new potatoes. Composed salads and coarse bread.

Vegetarian: Chicken eggs on spinach sauté instead of cod

The cake: Rhubarb-macron with cream fraiche

Friday, 6.4

Chili con carne with yogurt, red onion and parsley as well as tomato bread. 2 composed salads

Vegetarian: Chili sin carne ...



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WEEK 15

Monday, 9.4

Spaghetti with lemon cream, chicken and spring onion. Pointy cabbage salad with pesto.

Vegetarian: Spaghetti with grilled vegetables instead of chicken.

Tuesday, 10.4

Pork chops 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 chops.

Wednesday, 11.4

Kalvesteg with saltcitron and gnocchi, roasted mushrooms and green asparagus. Salad with mozzarella and small tomatoes and basil pesto.

Vegetarian: Falafel instead of calvesteg.

Thursday, 12.4

Buffet with warm and healthy, with plenty of coarse bread.

Vegetarian: Vegetarian versions, buffet

Cake: Sandcake with strawberries and vanilla foam.

Friday, 13.4

3 editions of salmon with creative green touches

Vegetarian: 3 vegetarian touches.



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WEEK 16

Monday, 16.4

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

Vegetarian: Kittens with chickpeas instead of turkey.

Tuesday, 17.4

Chicken - sweet chilli plaice - spice rice, mango sauce, salad with coconut and pimento.

Vegetarian: Filled crisp fillets instead of chicken.

Wednesday, 18.4

Salmon with baked herbs, coarse cream, lemon, dill potatoes and tomato salad with mint

Vegetarian: Herbs in tempura instead of salmon

Thursday, 19.4

Lady and vagabond ... polpette .. Dear children have many names.

Vegetarian: Bean noodles instead of meatballs.

Cake: Almond cake with orange glass.

Friday, 20.4

Burger US style with fritters and mayo

Vegetarian: Lentil steak instead of beef.



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WEEK 17

Monday, 23.4

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

Vegetarian: Fried tofu instead of chicken.

Tuesday, 24.4

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

Vegetarian: Kittens with chickpeas instead of turkey.

Wednesday, 25.4

Edges of tuna with green touches.

Vegetarian: Fried artichokes with peas, feta and dill.

Cake: Coconut macaram dipped in chocolate.

Thursday, 26.4

Citric Pig !! With crisp hard, baked fennels and new potatoes with parsley / mustard clouds

Rich salad on romaine with yogurt dressing.

Vegetarian: Stired aubergines in spice pie instead of pig.

Friday, 27.4

Store Bededag (holyday): Closed



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WEEK 18

Monday, 30.4

Kalvefrikassé with green asparagus, peas and mint and new potatoes.
Spider cabbage salad with citrus emulsion and roasted grass kernels.

Vegetarian: Fried squash and white beans instead of veal.

Tuesday, 1.5

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

Vegetarian: Falafel instead of chicken

Wednesday, 2.5

Fish'n' chips with dip, lemon 2 full salads and sourdough bread

Vegetarian: Tempura vegetables instead of fish

Thursday, 3.5

Turkey chunks with spinach-date salad and roasted almonds, new potatoes and beetroot / citrus yoghurt as well as crispy bread.

Vegetarian: Lentil herbs instead of meat.

Cake: Limón luna ("citronmåne") with sour icing

Friday, 4.5

Enchiladas with toasted beef, salads and spicy dip

Vegetarian: Beans with tomato instead of beef