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LUNCH WEEKS 35-42

Week 35

Monday, August 26

Spaghetti Bolognese, parmesan, Heinz salad, delicious bread

Vegetarian: Vegetarian mushroom, tomato, Bolognese, parmesan, Heinz salad, delicious bread

Tuesday, August 27

Spicy poultry meatballs, cold and warm potato variations, composed salads, salsa romesco, raw cabbage salad, freshly baked bread

Vegetarian: Chickpea patties, cold and warm potato variations, composed salads, salsa romesco, raw cabbage salad, freshly baked bread

Wednesday, August 28

Spicy vegetarian Thai soup, lime and ginger, tofu, vegetables, rice noodles, sesame bread, chili oil, lime, and ginger

- *Dessert: Plum "fool" with mint and crunch*

Thursday, August 29

Salmon tataki, crispy rye croutons, pickled caperberries, vinaigrette with nut crust, 2 lovely salads

Vegetarian: Eggplant tataki, crispy rye croutons, pickled caperberries, vinaigrette with nut crust, 2 lovely salads

Friday, August 30

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

Vegetarian: Asian mushroom tart, spicy sauce, plenty of vegetables and chutney, crispy bread, chili/garlic oil, loose rice



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Week 36

Monday, September 2

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

Vegetarian: Stir-fried pointed cabbage, crispy herbs, and noodles with goma dressing, teriyaki melon salad, crispy bread

Tuesday, September 3

Stuffed turkey breast with parsley and nuts, light coleslaw with pointed cabbage and carrots in a sweet/sour vinaigrette, baked potatoes with sea salt, warm tomato fricassee with shallots and brown sugar, freshly baked bread with sunflower and pumpkin seeds

Vegetarian: Fried celery with soufflé instead of stuffed turkey

Wednesday, September 4

Tartlets, small parsley potatoes, heart lettuce with grandma's dressing

Vegetarian: Vegetarian version with small parsley potatoes, heart lettuce with grandma's dressing

- Dessert: Danish "brunsviger" with blackberries

Thursday, September 5

The big cold table with warm and coarse bread

Vegetarian: The big cold table with warm and coarse bread

Friday, September 6

Veggie curry, homemade mango and green chili chutney, basmati rice with bay leaf and cinnamon, crispy salads with roasted sesame



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Week 37

Monday, September 9

Daal, sesame bread, yogurt dip, chili oil, coconut flakes

Tuesday, September 10

Lightly spiced beef kebab, potato wedges with thyme, mint yogurt, marinated eggplants and red peppers, crispy bread with chili

Vegetarian: Leek tart with Gruyère instead of beef kebab

Wednesday, September 11

Chicken roasted with cinnamon and lemon, spiced jus, couscous with apple and parsley, red cabbage salad with nuts, pimento bread

Vegetarian: Seitan roasted with cinnamon and lemon, spiced jus, couscous with apple and parsley, red cabbage salad with nuts, pimento bread

Thursday, September 12

Vegetarian lasagna for all, roasted cabbage salad with lemon vinaigrette

Dessert: Chocolate chip cookies with peanuts

Friday, September 13

Tapas, cold and warm, Catalan and all of Spain - also for vegetarians



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Week 38

Monday, September 16

Vegetarian potato-leek soup with green oil and garlic croutons, our organic sourdough bread. For everyone

Tuesday, September 17

Fried pork with parsley sauce, homemade pickled beets, parsley potatoes, cabbage salad, coarse bread

Vegetarian: Soft steamed leeks with sauce mousseline, roasted hazelnuts, parsley potatoes, cabbage salad, coarse bread

Wednesday, September 18

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

Vegetarian: Risotto with courgettes, mushrooms, parsley, and parmesan

Dessert: Coconut macarons with citrus and chocolate

Thursday, September 19

Cod cakes with leeks and mint in a light cream sauce, herbs and thyme potatoes, crispy salads

Vegetarian: Vegetable cakes with leeks and mint in a light cream sauce, herbs, thyme potatoes, crispy salads

Friday, September 20

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

Vegetarian: Caesar salad with potato tart, salads, croutons, parmesan



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Week 39

Monday, September 23

Chunks of tender veal breast with BBQ roasted sesame, coleslaw, spicy potatoes, crispy salads

Vegetarian: Samosa, fresh cheese with baked tomatoes, spicy eggplants, coleslaw, crispy salads

Tuesday, September 24

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

Vegetarian: Cabbage rolls baked with potatoes and spring onions, served with yogurt dip, celery salad with roasted nuts and soft goat cheese, coarse bread

Wednesday, September 25

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

Vegetarian: Mushroom tart with baked vegetables and chili, tomato fricassee with apricot and pearl onions, loose rice, and red cabbage salad with roasted nuts and citrus dressing

Thursday, September 26

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

Vegetarian: Baked celery fried in panko, coarse remoulade, lemon, dill potatoes, and tomato salad with mint

Dessert: Orange-almond cake with cinnamon cream

Friday, September 27

Portobello mushrooms and baked shallots "Bourguignon" with coarse mashed root vegetables with mustard, pickled cucumbers, and a filling salad with roasted seeds.
For everyone



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Week 40

Monday, September 30

Pakistani-inspired stew with coarse bread and 2 composed salads

Vegetarian: Pakistani-inspired stew with coarse bread and 2 composed salads

Tuesday, October 1

Large buffet with warm elements and coarse bread

Vegetarian: Vegetarian options

Wednesday, October 2

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

Thursday, October 3

Crispy fried pollock in panko with sauce ravigote, oven-baked potatoes, cauliflower garnish, wheat berry salad with spring onions and parsley

Vegetarian: Root vegetables in panko with sauce ravigote, oven-baked potatoes, cauliflower garnish, wheat berry salad with spring onions and parsley

Dessert: Pear tart with lemon yogurt

Friday, October 4

Friday roast: Pork loin with crispy crackling, rosemary and sea salt, baked beets, salad with crispy vegetables, virgin olive oil and citrus, tagliatelle, and watercress sauce with sourdough bread

Vegetarian: Gnocchi cacio e pepe, topped with green vegetables, parmesan, salad with crispy vegetables, virgin olive oil, and citrus



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Week 41

Monday, October 7

Risotto with autumn mushrooms, small onions, and plenty of herbs. Parmesan and crispy salads with lightly sour dressing and crunch

Tuesday, October 8

Country pork casserole, roasted portobello mushrooms and parma ham with tarragon, crispy fennel/carrot salad with roasted sunflower seeds and mustard dressing, tomato bread

Vegetarian: Halloumi casserole, roasted portobello mushrooms and parma ham with tarragon, crispy fennel/carrot salad with roasted sunflower seeds and mustard dressing, tomato bread

Wednesday, October 9

Crispy roasted duck leg with baked red onions and vinaigrette, baked potato chunks, thyme jus, salad with beets, oranges, and almond crust, sourdough bread

Vegetarian: Roasted stuffed pimentos with baked red onions and vinaigrette, potato chunks, thyme jus, salad with beets, oranges, almonds and sourdough bread

Thursday, October 10

Smoked salmon tart with mustard, warm cabbage salad with pomegranate and fennel, small parsley potatoes, vinaigrette with small tomatoes, and our best herb bread

Vegetarian: Spinach tart with mustard, warm cabbage salad with pomegranate and fennel, small parsley potatoes, vinaigrette with small tomatoes, and our best herb bread

Dessert: Warm apple cake with cinnamon and crème anglaise

Friday, October 11

Chili con carne with cheese and nachos, salads, rice with kidney beans and green peppers, sour cream with lime and chili

Vegetarian: Vegetarian chili, same sides



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Week 42

Monday, October 14

Stir-fried pork with fennel and spring onions, rice noodles with sesame, crispy salads, and coarse bread

Vegetarian: Stir-fried pointed cabbage with fennel and spring onions, rice noodles with sesame, crispy salads, and coarse bread

Tuesday, October 15

Chicken confit with Caesar salad, crispy bacon and parmesan, pan-fried potatoes with lemon, cauliflower garnish with pine nuts and herbs, wheat berry salad with onion vinaigrette

Vegetarian: Baked onion with rosemary and lemon, Caesar salad, crispy bacon, parmesan, pan-fried potatoes with lemon, cauliflower garnish with pine nuts and herbs, wheat berry salad with onion vinaigrette

Wednesday, October 16

Mildly spiced lasagna with turkey, heart lettuce, grandma's dressing, Caesar bread

Vegetarian: Mildly spiced lasagna with sweet potatoes, heart lettuce, grandma's dressing, Caesar bread

Dessert: Pancakes with berries and vanilla ice cream

Thursday, October 17

Pizza for all, baked vegetables with capers, warm tomato dressing with sweet roasted onions, oregano and parmesan, 2 crispy salads

Friday, October 18

Fish & chips, coarse remoulade with capers, crunchy salads, tartar sauce, fresh lemon, and freshly baked bread

Vegetarian: Chickpea fritters, coarse remoulade with capers, crunchy salads, tartar sauce, fresh lemon, and freshly baked bread