



gastronomi expressen

LUNCH MENU WEEK 8-15

Week 8

Monday 17/2

Chicken breast with crispy skin, ginger and lime glaze, cauliflower dip, two filling salads and rosemary focaccia.

Vegetarian: Lentil dahl with mint yogurt, herb topping and chili oil

Tuesday 18/2

Warm pasta dish with tagliatelle, fried tofu, and lots of vegetables, served with parsley pesto. "Green salad" with broccoli, zucchini, and pimientos. Whole grain bread. For everyone.

Wednesday 19/2

Burritos with beef, pico de gallo, and avocado. Two composed salads.

Vegetarian: Burritos with mozzarella, pointed cabbage, pico de gallo, and avocado.

Dessert: Plum trifle with macaroons and vanilla cream

Thursday 20/2

Whole roasted pork neck with baked root vegetables and potatoes, rosemary jus, raw red cabbage salad with roasted nuts and mild orange dressing. Sourdough bread.

Vegetarian: Vegetable-filled samosas with dip, baked root vegetables and potatoes, salads

Friday 21/2

Build-your-own hot dogs with various toppings.

Vegetarian: Vegetarian version of build-your-own hot dogs.

A small piece of chocolate...



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Week 9

Monday 24/2

Pakistan-inspired turkey with tomatoes and peppers. Whole grain bread. Two composed salads.

Vegetarian: Chickpea and root vegetable stew.

Tuesday 25/2

Pork stir-fried with red curry and spring onions. Yogurt dip. Baked Jerusalem artichoke salad with roasted nuts. Whole grain bread. Basmati rice.

Vegetarian: Parsnip and leek stir-fried with red curry. Yogurt dip. Baked Jerusalem artichoke salad.

Wednesday 26/2

Noodle dish with chicken, chili oil, crispy vegetables, and toasted sesame seeds. Romaine salad with beans and peanuts.

Vegetarian: Noodle dish with tofu, crispy vegetables, etc.

Dessert: Apple muffin with cinnamon glaze

Thursday 27/2

Slow-braised beef short ribs with rosemary and sea salt, baked beets, mashed potatoes with coarse mustard and herbs, crunchy vegetable salad with virgin olive oil and citrus. Whole grain bread.

Vegetarian: Mashed potatoes with mustard and herbs, creamy mushroom fricassee.

Friday 28/2

Build-your-own sandwich with six types of filling, including vegetarian options.

Dessert: Homemade rum balls for a sweet start to the weekend.



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Week 10

Monday 3/3

For everyone: Spinach and mushroom flan in crispy filo pastry, green asparagus in green curry and coconut milk with egg noodles, sultanas and coconut flakes, sweet and sour pointed cabbage, crispy bread with mint dip.

Tuesday 4/3

Braised veal breast with leeks and carrots in a light horseradish sauce, served with parsley potatoes, pickled vegetables and cauliflower-broccoli salad with butter-toasted croutons.

Vegetarian: Soft-boiled eggs with cress cream, baked beets with fennel seeds.

Wednesday 5/3

Vegetarian: Spicy tomato soup with fried brown beans and tomato-garlic bread, two filling salads.

Dessert: Sticky brownie with vanilla skyr

Thursday 6/3

Butter chicken with cinnamon rice, raita, naan bread with yogurt dressing and coconut, celery salad.

Vegetarian: Vegetable curry with chickpeas, cinnamon rice, raita, naan bread with yogurt dressing.

Friday 7/3

US-style burger with bacon, cheddar, fries, chili mayo, and guacamole.

Vegetarian: Crispy tart with green asparagus and goat cheese, tomato salsa, and pointed cabbage salad.



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Week 11

Monday 10/3

Pasta al arrabbiata with baked chicken and roasted peppers. Panzanella salad and sourdough bread.

Vegetarian: Fried tofu instead of chicken.

Tuesday 11/3

Chili con carne with yogurt, red onions, and parsley. Tomato bread and two composed salads.

Vegetarian: Chili sin carne with yogurt, red onions, and parsley. Tomato bread and two composed salads.

Wednesday 12/3

Codfish cakes with baked beets, mild mustard beurre blanc, and new potatoes. Composed salads and whole grain bread.

Vegetarian: Poached eggs on croutons with creamy spinach sauté and nutmeg.

Dessert: Rhubarb-macaron cake with crème fraîche.

Thursday 13/3

Veal roast with preserved lemon and gnocchi, roasted mushrooms, and green asparagus. Salad with mozzarella, cherry tomatoes, and basil pesto.

Vegetarian: Gnocchi in parmesan cream, zucchini in citrus, small Caprese salad.

Friday 14/3

Buffet with warm and healthy options, plenty of whole grain bread.

Vegetarian: Vegetarian options included in the buffet.



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Week 12

Monday 17/3

For everyone: Veggie curry with rice, yogurt, flatbread, and chili dip

Tuesday 18/3

Spaghetti with citrus cream, turkey, and spring onions. Pointed cabbage salad with pesto.

Vegetarian: Spaghetti with grilled vegetables in citrus cream, pointed cabbage salad with pesto.

Wednesday 19/3

Asian-style braised pork cheeks with soy and ginger, chutney, spicy cabbage salad, marinated noodles, and chili bread.

Vegetarian: Warm noodle dish with sautéed mushrooms and herbs in soy-ginger emulsion.

Dessert: Chocolate cookie

Thursday 20.3

Classic meatballs with home-pickled cucumbers, parsley potatoes and "brown sauce". Salad with red cabbage and cranberries

Vegetarian: Risotto with green vegetables, Salad with red cabbage and cranberries

Friday 21.3

Mulligatawny soup with rice, chicken and lots of vegetables

Vegetarian: Mulligatawny soup with rice, tofu and lots of vegetables

For everyone: small piece of chocolate



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Week 13

Monday 24.3

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

Vegetarian: Stew with chickpeas, tomato and leeks, with mashed potatoes

Tuesday 25.3

Slow roasted neck – sweet chili glaze – spiced rice – mango salsa – salad with coconut and pimento

Vegetarian: Stuffed crispy philo with cauliflower fricassee

Wednesday 26.3

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

Vegetarian: Herbs in tempura with creamy dill potatoes and fried coleslaw

Thursday 27.3

Lady and the vagabond / polpette - Dear child has many names (Danish saying, ask your colleague)

Vegetarian: Falafel with 2 dips and herb mash

Cake: Almond cake with orange glaze

Friday 28.3

Caesar salad – classic

Vegetarian: maki sushi rolls with various toppings



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Week 14

Monday 31.3

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

Vegetarian: Pasta pesto with smiling eggs and roasted peppers

Tuesday 1.4

Stew with veal and baked vegetables, spinach salad with marinated mozzarella and green asparagus, focaccia with spices

Vegetarian: Risotto with peas, roasted mushrooms and parmesan

Wednesday 2.4

Versions of tuna with green elements

Vegetarian: Fried artichokes with green asparagus, feta and dill

Cake: Coconut macaroon dipped in chocolate.

Thursday 3.4

Lemon pig!! With crispy skin, baked fennel and new potatoes with parsley/mustard cloud. Rich salad on romaine with yogurt dressing.

Vegetarian: Fried eggplants in herb panko instead of pig

Friday 3.4

Lasagne with salads and wholemeal bread

Vegetarian: Tomato lasagne with salads and wholemeal bread



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Week 15

Monday 7.4

Veal fricassee with green asparagus, peas and mint and new potatoes. Pointed cabbage salad with citrus emulsion and roasted pumpkin seeds

Vegetarian: Roasted squash and white beans instead of veal

Tuesday 8.4

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: Vegetable curry with chickpeas and baked vegetables

Wednesday 9.4

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

Vegetarian: Tempura vegetables with dip, lemon 2 hearty salads and sourdough bread

Thursday 10.4

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

Vegetarian: Warm couscous with tomato-pepper sukh and spinach date salad

Cake: "lemon moon" with sour icing

Friday 11.4

Sliders with coleslaw, chili mayo and fries in both vegetarian and meat versions

Small hazelnut croissants with chocolate