



gastronomi expressen

LUNCH WEEKS 43-51, 2024

Week 43

Monday, 21st October

Penne pasta with roasted vegetables in a mild citrus sauce, fried chicken thigh.
Broccoli salad with roasted nuts and parsley oil, sourdough bread.

Vegetarian: Penne pasta with roasted vegetables in a mild citrus sauce. Broccoli salad with roasted nuts and parsley oil, sourdough bread with fried marinated tofu.

Tuesday, 22nd October

Braised beef cuvette with roots and herb/potato purée, sweet and creamy green salad.

Vegetarian: Quinoa patties with spring onions, chili, and cheddar, and herb/potato purée, sweet and creamy green salad.

Wednesday, 23rd October

Baked pollock in spice soufflé, served with vegetable fricassé, parsley potatoes.
Salad with roasted Jerusalem artichokes, almonds, and parsley, coarse bread.

Vegetarian: Cauliflower tortilla, served with vegetable fricassé, parsley potatoes.
Salad with roasted Jerusalem artichokes, almonds, and parsley, coarse bread.

Cake: Traditional Danish apple cake with vanilla cream.

Thursday, 24th October

Meatballs in curry with homemade chutney of apples, pineapple, and spices, rice, and coconut salad.

Vegetarian: Vegetable curry with homemade chutney of apples, pineapple, and spices, rice, and coconut salad

Friday, 25th October

Aubergine/pumpkin tart with feta, gnocchi, and spicy tomato salsa.

Raw bite for a sweet tooth



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Week 44

Monday, 28th October

Turkey in mild chili rub, served with ratatouille, baked potatoes, and yogurt dip.

Hearty salad with roasted vegetables and hazelnut pesto.

Vegetarian: Samosa, served with ratatouille, baked potatoes, and yogurt dip.

Hearty salad with roasted vegetables and hazelnut pesto.

Tuesday, 29th October

Fishcakes with noodles and pak choi in peanut sauce, with prawn crackers and Asian salad.

Vegetarian: Pea-mint croquettes in panko, with the same accompaniments.

Wednesday, 30th October

Thai soup with chicken, coconut, rice, and lots of vegetables, cardamom bread.

Vegetarian: Vegetarian Thai soup with lots of green vegetables.

Cake: Chocolate cake with nut caramel

Thursday, 31st October

Vegetarian moussaka with tomato-feta salad and olives, tzatziki, and bread with vine leaves and sea salt. *For everyone.*

Friday, 1st November

Buffet grande with selections from both home and abroad, healthy and coarse, cold and hot dishes. Two kinds of bread. Lots of vegetarian options. *For everyone.*



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Week 45

Monday, 4th November

Chicken in sweet and sour sauce with Chinese-inspired vegetables, rice with anise, and spicy oil.

Vegetarian: Tart with roasted mushrooms and caramelized onions with miso dip. Chinese-inspired vegetables, rice with anise, and spicy oil.

Tuesday, 5th November

Hungarian goulash with tomato, paprika, and root vegetables, served with mashed potatoes and pickled cucumbers, salad with baked courgettes and coarse bread.

Vegetarian: Baked Brussels sprouts with pomelo/grapefruit, red onions, and fresh coriander, root vegetables, mashed potatoes and pickled cucumbers, salad with baked courgettes and coarse bread.

Wednesday, 6th November

Vegetarian French onion soup with thyme and cheese bread

Sweet tooth: Apple pie with crème fraîche and cinnamon.

Thursday, 7th November

Baked market fish with quickly fried peppers, chive sauce, baked potato chunks, and cabbage salad with roasted almonds and French dressing. Focaccia bread with sea salt.

Vegetarian: Baked aubergines with fried garlic, herbs, and citrus. Quickly fried peppers, chive sauce, baked potato chunks, and cabbage salad with roasted almonds and French dressing. Focaccia bread with sea salt.

Friday, 8th November

Friday's roast! Pork culotte roast with thyme, baked carrots and onions, and salsa romesco. Green sticks with baba ganoush and penne pasta.

Vegetarian: Stuffed peppers with fennel mash and caper vinaigrette, baked carrots and onions, and salsa romesco. Green sticks with baba ganoush and penne pasta.



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Week 46

Monday, 11.11

Roast pork with soft onions/sauce, cucumber salad, and a creative salad.

Vegetarian: Falafel with onion marmalade and yoghurt dip, cucumber salad, and a creative salad.

Tuesday, 12.11

Peking duck with hoisin sauce and roasted peanuts, spring onions, cucumber and celery salad, served with fried rice and spicy dip.

Vegetarian: Fried leeks and egg with hoisin, roasted peanuts, spring onions, cucumber and celery salad, served with fried rice and spicy dip.

Wednesday, 13.11

Potato tart and slow-roasted tomatoes, bean salad with mustard dressing, sunflower seed bread, and yoghurt dip. (for meat-eaters: with lightly smoked bacon)

Chocolate mousse with orange and caramelised nuts.

Thursday, 14.11

North African chicken with spinach, chickpeas, tomatoes, and cumin, served with pilaf rice.

Vegetarian: Risotto with mushrooms and rosemary, with spinach, chickpeas, tomatoes, and cumin.

Friday, 15.11

Mini ribs with BBQ sauce, potato fries, light coleslaw, sesame bread, vegetable sticks with dip.

Vegetarian: Vegetable stir-fry with spiced peanuts, tofu, light coleslaw, sesame bread, and vegetable sticks with dip.



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Week 47

Monday, 18th November

Mildly spiced stew with beef and autumn vegetables, crispy bacon and croutons.

Herb salad with vinaigrette, coarse bread.

Vegetarian: Mildly spiced stew with mushrooms, chestnuts, and autumn vegetables, crispy root vegetables, and croutons. Herb salad with vinaigrette, coarse bread.

Tuesday, 19th November

Greek meatballs with orzo, olive oil, tomatoes, and courgette, tzatziki.

Salad with chickpeas, olives, and pickled red onions.

Vegetarian: Falafel with orzo, olive oil, tomatoes, and courgette, tzatziki. Salad with chickpeas, olives, and pickled red onions.

Wednesday, 20th November

Baked cod with mustard/parsley topping, warm potato salad with coarse mustard dressing, and watercress salad with pomegranate seeds and sunflower seeds, coarse bread.

Vegetarian: Vegetarian loaf with mustard/parsley topping, warm potato salad with coarse mustard dressing, and watercress salad with pomegranate seeds and sunflower seeds, coarse bread.

Cake: Lemon cake with elderflower glaze.

Thursday, 21st November

Spaghetti Bolognese with Parmesan cheese, salad with shredded greens, vinaigrette, and roasted seeds. Focaccia bread with sea salt.

Vegetarian: Spaghetti with red lentil sauce and Parmesan cheese, salad with shredded greens, vinaigrette, and roasted seeds. Focaccia bread with sea salt.

Friday, 22nd November

Roast potatoes with thyme and rosemary, baked pumpkin and onions, garlic dip. Salad with crispy beetroots, shredded apples, and lots of herbs.



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Week 48

Monday, 25th November

Barley-otto with mushrooms and baked pumpkin. Roasted kale salad with soybeans and miso dressing

Tuesday, 26th November

Fish in crispy breadcrumbs with red cabbage salad and remoulade, roasted rye bread

Vegetarian: Rösti with red cabbage salad and remoulade, roasted rye bread

Wednesday, 27th November

Roast chicken thighs with baked root vegetables and gravy, crushed potatoes with sour cream, and pickled vegetables

Vegetarian: Beetroot steaks with baked root vegetables and gravy, crushed potatoes with sour cream, and pickled vegetables

Cake: Carrot cake with orange glaze

Thursday, 28th November

Chickpea stew with sweet potatoes, carrots, and curry spices, bulgur, and fried parsley. Salad with roasted peppers and baked squash, crunchy breadsticks.

Friday, 29th November

Vegetarian burgers with chickpea patties, caramelized onions, and spicy tomato chutney. Salad with crispy vegetables, roasted peanuts, and lime vinaigrette.



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Week 49

Monday, 2nd December

Shepherd's pie with minced beef, root vegetables, and mashed potatoes. Salad with kale, cabbage, and sweet apples, coarse bread.

Vegetarian: Sweet potato pie with lentils, root vegetables, and mashed potatoes. Salad with kale, cabbage, and sweet apples, coarse bread.

Tuesday, 3rd December

Oven-roasted market fish with bulgur salad, herb sauce, and roasted cauliflower.

Vegetarian: Baked aubergine with bulgur salad, herb sauce, and roasted cauliflower.

Wednesday, 4th December

Indian-inspired lentil stew with root vegetables and coriander.

Sweet tooth: Chocolate tart with berry compote.

Thursday, 5th December

Cauliflower gratin with thyme, creamy cheese sauce, and baked potatoes with rosemary. Salad with roasted almonds and creamy avocado dressing, baguette.

Friday, 6th December

Greek-style tart with spinach, feta, and olives. Green salad with lots of fresh herbs, roasted nuts, and coarse bread.



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Week 50

Monday, 9th December

Chicken meatballs with cream sauce, oven-roasted potatoes, and sautéed green beans with red onions. Salad with roasted celeriac, apples, and parsley, coarse bread.

Vegetarian: Vegetarian meatballs with cream sauce, oven-roasted potatoes, and sautéed green beans with red onions. Salad with roasted celeriac, apples, and parsley, coarse bread.

Tuesday, 10th December

Baked pollock with a lemon-caper sauce, crushed potatoes with peas and herbs, salad with carrots and currants.

Vegetarian: Omelette with a lemon-caper sauce, crushed potatoes with peas and herbs, salad with carrots and currants.

Wednesday, 11th December

Turkey curry with apples and celery, served with rice and roasted cauliflower.

Salad with fried lentils and lots of herbs, coarse bread

Vegetarian: Coconut curry with sweet potatoes and lentils, served with rice and roasted cauliflower

Cake: Brownie with a hint of mint.

Thursday, 12th December

Beef lasagne with creamy cheese topping and crispy salad with shredded root vegetables and pumpkin seeds. Focaccia bread with sea salt.

Vegetarian: Vegetarian lasagne with tomato, courgette, and mushrooms, creamy cheese topping, and crispy salad with shredded root vegetables and pumpkin seeds. Focaccia bread with sea salt.

Friday, 13th December

Vegetable stew with crispy kale, baked parsnips, carrots, and sweet onions. Salad with raw beetroots and roasted walnuts, coarse bread.



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Week 51

Monday, 16th December

Vegetarian mushroom Wellington with thyme, mashed potatoes, gravy, and baked root vegetables. Salad with roasted onions and French dressing.

Tuesday, 17th December

Chili con carne with minced beef, beans, and root vegetables. Served with wholegrain rice, guacamole, and sour cream. Salad with crispy red cabbage, apples, and coriander

Vegetarian: Chili sin carne with beans and root vegetables. Served with wholegrain rice, guacamole, and sour cream. Salad with crispy red cabbage, apples, and coriander

Wednesday, 18th December

Vegetarian spring rolls with sweet chili sauce, served with glass noodle salad, and lots of fresh vegetables and herbs

Cake: Christmas rice pudding with cherry sauce and toasted almonds.

Thursday, 19th December

Pizza with roasted root vegetables, mozzarella, and basil pesto. Salad with roasted pumpkin, fennel, and pomegranate.

Vegetarian: Same as above

Friday, 20th December

Buffet with delicious small dishes for both vegetarians and non-vegetarians.

A festive end to the year