



# gastronomi expressen

## Lunch MENU, WEEKS 1–7, 2025

### Week 1

---

#### **Thursday, 2nd January**

Hotdog heaven with 6 different toppings – for both vegetarians and meat lovers

#### **Friday, 3rd January**

Salade Niçoise – tuna, eggs, plenty of greens, freshly baked bread, olive oil

Vegetarian: fried aubergines with garlic and lemon, eggs, greens



# gastronomi expressen

## Week 2

---

### **Monday, 6th January**

Asian ramen soup with poultry, herbs, light soy sauce, noodles, and sesame bread

Vegetarian: Coconut and vegetable ramen soup with herbs and noodles

*Cake: Homemade rum balls*

### **Tuesday, 7th January**

Sliders with light coleslaw – both meat and vegetarian options

### **Wednesday, 8th January**

Crispy chicken served with sauce ravigote, fries, and salad

Vegetarian: Tempura vegetables served with sauce ravigote, fries, and salad

### **Thursday, 9th January**

Mediterranean delights

Vegetarian: Green Mediterranean dishes

### **Friday, 10th January**

Tartlets with chicken, vegetables, and parsley potatoes

Vegetarian option also available



# gastronomi expresen

## Week 3

---

### Monday, 13th January

Moroccan-inspired turkey, spiced tomato salsa. Small baked potatoes with goat's cheese and thyme, white cabbage salad with orange and red onion

Vegetarian: Tomato risotto with goat's cheese and thyme, white cabbage salad with orange and red onion

### Tuesday, 14th January

Pork chops in a creamy sauce with plum tomatoes, garlic, and rosemary. Served with freshly cooked pasta and a mixed salad with roasted root vegetables

Vegetarian: Pumpkin and tofu in a creamy sauce with plum tomatoes, garlic, and rosemary. Served with freshly cooked pasta and a mixed salad with roasted root vegetables

### Wednesday, 15th January

Vegetarian creamy cauliflower soup with cauliflower garnish and herb oil, served with sourdough bread

*Dessert: Plum/citrus cake with custard and almond caramel*

### Thursday, 16th January

Fried coley in panko breadcrumbs, remoulade, lemon, and parsley potatoes

Vegetarian: Daal with raita and naan bread

### Friday, 17th January

Friday Roast!! Roasted veal rump with mushroom mousseline and small potatoes. Mixed salad with kale and apple, freshly baked bread

Vegetarian: Baked portobello mushrooms with thyme, mushroom mousseline, and small potatoes. Mixed salad with kale and apple, freshly baked bread



# gastronomi expressen

## Week 4

---

### Monday, 20th January

Pasta al arrabiata, roasted seeds, and root vegetables. Panzanella salad, wheat berry salad with citrus, squash, and olive oil

Vegetarian: Same

### Tuesday, 21st January

Chicken baked with chickpeas and spring onions, served with yoghurt dip, Jerusalem artichoke salad with roasted nuts and soft goat's cheese, and rustic bread

Vegetarian: Potato patties baked with chickpeas and spring onions, served with yoghurt dip, Jerusalem artichoke salad with roasted nuts and soft goat's cheese, and rustic bread

### Wednesday, 22nd January

Beef Stroganoff with mashed potatoes, crème fraîche, and parsley. Served with pickled cucumbers and a hearty salad with roasted seeds

Vegetarian: Baked celeriac in tomato sauce with mashed potatoes, crème fraîche, and parsley. Served with pickled cucumbers and a hearty salad with roasted seeds

### Thursday, 23rd January

Fishcakes with salmon and baked vegetables, spiced noodles, and coconut sauce

Vegetarian: Baked vegetables, spiced noodles, and coconut sauce

Cake: Orange and almond cake with vanilla skyr

### Friday, 24th January

Braised pork cheeks in coconut with spinach and red pepper, served with chutney and spicy cabbage salad. Basmati rice with whole cinnamon and cardamom bread

Vegetarian: Creamy polenta with roasted corn and mushrooms, mild harissa, spinach and red pepper, served with chutney and spicy cabbage salad. Basmati rice with whole cinnamon and cardamom bread



# gastronomi expressen

## Week 5

---

### Monday, 27th January

Vegetarian coconut curry soup with plenty of herbs and basmati rice

### Tuesday, 28th January

Osso buco with tomato, root vegetables, and mashed potatoes. Served with 2 salads and bread

Vegetarian: Herb balls in tomato, root vegetables, and mashed potatoes. Served with 2 salads and bread

### Wednesday, 29th January

Happy pig: Heart lettuce in mild soy dip, warm noodle salad with stir-fried vegetables, and toasted sesame

Vegetarian: Tofu and heart lettuce in mild soy dip, warm noodle salad with stir-fried vegetables, and toasted sesame

*Sweet treat: Banana muffin with vanilla and lime topping*

### Thursday, 30th January

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

Vegetarian: Spicy curry with mango salsa

### Friday, 31st January

Pita bread with 8 different "fill your own" options

Vegetarian: Same

*Small chocolates for a sweet treat*



# gastronomi expressen

## Week 6

---

### Monday, 3rd February

Chicken "satay", noodles in sweet and sour sauce, crispy broccoli salad with soy emulsion, and sesame bread

Vegetarian: Bean patties "satay", noodles in sweet and sour sauce, crispy broccoli salad with soy emulsion, and sesame bread

### Tuesday, 4th February

Meatballs with roasted vegetables in red curry, fresh coconut salad with lime, steamed rice. Broccoli salad in vinaigrette with roasted peanuts, sesame bread

Vegetarian: Lentil and herb balls with roasted vegetables in red curry, fresh coconut salad with lime, steamed rice

### Wednesday, 5th February

Buffet with hot and cold dishes and 2 kinds of rustic bread

Vegetarian: Same

*Cake: Walnut brownie*

### Thursday, 6th February

Turkey steak Provençal with tomato, pepper, onion, and parsley, pickles, mashed potatoes. Lentil and herb salad with a tangy dressing

Vegetarian: Seitan Provençal with tomato, pepper, onion, and parsley, pickles, mashed potatoes

### Friday, 7th February

Roast beef, potato fries, herb dip, light coleslaw, and bread

Vegetarian: Bean and herb burger, potato fries, herb dip, light coleslaw, and bread



# gastronomi expressen

## Week 7

---

### Monday, 10th February

Turkey chunks with "gremolata" served with freshly cooked pasta, baked celeriac with pepper bacon, tomato/pepper/shallot salad, and sourdough bread

Vegetarian: Halloumi with "gremolata" served with freshly cooked pasta, baked celeriac with pepper bacon, tomato/pepper/shallot salad, and sourdough bread

### Tuesday, 11th February

Coq au vin with mushrooms and shallots in red wine sauce, served with pilaf rice. Pickles, homemade bread, and green salads

Vegetarian: Celeriac au vin with mushrooms and shallots in red wine sauce, served with pilaf rice. Pickles, homemade bread, and green salads

### Wednesday, 12th February

Lightly creamy fish soup with cod and herbs, rouille, and rustic bread

Vegetarian: Creamy vegetable soup with potatoes and herbs, rouille, and rustic bread

*Cake: Almond cake with lemon glaze*

### Thursday, 13th February

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

Vegetarian: Slow-cooked BBQ roots, beans and vegetables in spicy tomato sauce, light coleslaw, green salad, and sourdough bread

### Friday, 14th February

Vitello tonnato, cauliflower crudités, vegetable sticks with dip, mixed potato salad, and rustic bread

Vegetarian: Tortilla with pepper and thyme, cauliflower crudités, vegetable sticks with dip, mixed potato salad, and rustic bread