



FROKOST UGE 44 BUFFET

MANDAG

Hovedret	Butter Chicken 10, 15, 16, 7, 8 , serveret med gurkemeje-ris og raita 10, 12, 7
Salater	Broccoli og spinat i limes dressing 12, 15, 16 Bønnesalat med agurk, fennikel og rød dressing 10, 12, 15
Pålæg/ Spread/ Delikatesse	Klassisk fuglekvidder med frisk purløg 10, 12, 15, 3, 7, 5 Italiensk salami med syltede rødløg og basilikumspesto 12, 15, 16, 3, 5, 7, 5 Roastbeef med pickles og peberrod 10, 12, 15, 9 Baba ganoush med salsa 11, 12, 15, 16, 7

ONSDAG

Hovedret	Gammeldags hamburgerryg med let stuvet grønt 1, 10, 12, 15, 7, 9, 5 , serveret med små kartofler med persillesmør 7 og stærk sennep 10, 12
Salater	Spidskålssalat med Galia melon og saltede solsikkekerer Hvedekerner i æble-vinaigrette med forårsløg, granatæble, røde æbler og pære 1, 12, 15
Pålæg/ Spread/ Delikatesse	Hønsesalat med grøntsager og krydderurter 10, 12, 15, 3, 7, 9 Leverpostej med ristede svampe og sprød bacon 1, 15, 7, 5 Kalvesteg med blommechutney og persillesalat 12, 15, 16 Torskerogn i skiver med remoulade og citron 1, 10, 12, 15, 3, 4

FREDAG

Hovedret	Pulled chicken burger 1, 10, 15, 16 med coleslaw 10, 12, 16, 3, 7
Salater	Æble-, selleri- og rødbedesalat 12, 15, 9 Quinoa med, bagt peberfrugt, squash og balsamicodressing 12, 15
Pålæg/ Spread/ Delikatesse	Bornholmersalat af bagt sej med rygeostecreme og krydderurter 10, 12, 15, 3, 4, 7, 9 Rullepølse med løgringe, sky og frisk karse 12, 15, 3, 7, 9, 5 Oksespegepølse med timiansyltede rødløg og remoulade 1, 10, 12, 15, 3 Kartoffelmad med chilimayonnaise 10, 12, 15, 16, 3, 6

Ugens kage	Kokoskage med chokolade frosting 1, 3, 7
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TIRSDAG

Hovedret	Boeuf Bourguignon 1, 12, 15, 16, 7, 5 , serveret med Kartoffelmos 7
Salater	Blandede salater vendt med tørrede cherrytomater 10, 12, 15, 7 Græskarsalat med perlebyg 1, 12, 15
Pålæg/ Spread/ Delikatesse	Laksesalat med syltet grønt og friske krydderurter 10, 12, 3, 4, 7, 9 Spegepølse med sky og løg 12, 15, 3, 7, 9, 5 Paprikastegt kyllingebryst med chilimayonnaise 10, 12, 15, 16, 3, 6 Æg med mayonnaise og kørvel 10, 12, 3

TORSDAG

Hovedret	Okse-bolognese med urter og italienske krydderier 12, 15, 16, 9 , serveret med pasta penne vendt i oregano-olie 1, 16 og Grana Padano ost 3, 7
Salater	Tomat og agurk i basilikum-vineagrette 10, 12, 15, 16 Røde og grønne linser med hjemmesyltede beder og olie/eddike-dressing 12, 15
Pålæg/ Spread/ Delikatesse	Kalvespidsbryst salat 10, 12, 15, 3, 7 Honningskinke med æble/karrysalat 10, 12, 15, 3, 7 Pestostegt kyllingebryst med salsa 12, 15, 16, 3, 5, 7 Tærte med peberfrugt, aubergine og mozzarella 1, 12, 15, 16, 3, 5, 7

TILKØB

Grøntsags- Retterne	M: Perlebyggotto med græskar og germolata 1, 15, 16, 3, 7 og syltet gulerod
	T: Bede Bourguignon med grøntsager, svampe og perleløg 1, 12, 15, 16, 6, 9 med Kartoffelmos 7
	O: Mexicansk tortilla med bønner og salsa 1, 12, 15, 16
	T: Bønnegryde med kidney, edamamebønner og hvide bønner 12, 15, 16, 6
	F: Porre-kartoffeltærte med ost 1, 16, 3, 7 og basilikumspesto 3, 7, 8

Denne uges menu er med forbehold for ændringer!

70 22 38 44
www.maaltidet.dk
info@maaltidet.dk

Gluten 1, Krebsdyr 2, Æg 3, Fisk 4, Jordnødder 5, Soja 6, Mælk 7, Nødder 8, Selleri 9, Sennep 10, Sesam 11, Sulfitter 12, Lupin 13, Bløddyr 14, Løg 15, Hvidløg 16, Svinekød 8

M

FROKOST



LUNCH WEEK 44 BUFFET

MONDAY

- Main dish** Butter Chicken |10, 15, 16, 7, 8|, served with turmeric rice and Raita |10, 12, 7|
- Salads** Broccoli and spinach with lime dressing |12, 15, 16| Beans with fennel, cucumber and red dressing |10, 12, 15|
- Cold cuts/
Spread/
Deli** Ham salad |10, 12, 15, 3, 7, S| Italian salami with pickled red onions and pesto |12, 15, 16, 3, 5, 7, S| Roast beef with pickles and horseradish |10, 12, 15, 9| Baba ganoush with salsa |11, 12, 15, 16, 7|

WEDNESDAY

- Main dish** Smoked Ham with stewed vegetables |1, 10, 12, 15, 7, 9, S|, served with parsley buttered potatoes |7| and mustard |10, 12|
- Salads** Cabbage with Galia melon and salted sunflower seeds || Wheat grain salad with apple vinaigrette, pomegranates, red apples and pears |1, 12, 15|
- Cold cuts/
Spread/
Deli** Chicken salad with herbs and vegetables |10, 12, 15, 3, 7, 9| Liver pâté with roasted mushrooms and bacon |1, 15, 7, S| Cold roast of veal with plum chutney and parsley salad |12, 15, 16| Slices of Cod roe with remoulade and lemon |1, 10, 12, 15, 3, 4|

FRIDAY

- Main dish** Pulled chicken burger |1, 10, 15, 16|with coleslaw |10, 12, 16, 3, 7|
- Salads** Apple, celery and beetroot salad |12, 15, 9| Quinoa salad with bell peppers, zucchini and balsamic dressing |12, 15|
- Cold cuts/
Spread/
Deli** Coalfish salad with smoked cheese and herbs |10, 12, 15, 3, 4, 7, 9|, "Rullepølse" with onions |12, 15, 3, 7, 9, S| Beef salami with pickled onions and remoulade |1, 10, 12, 15, 3| Potato with chili mayonnaise |10, 12, 15, 16, 3, 6|

This weeks cake	Coconut Cake with chocolate frosting 1, 3, 7
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TUESDAY

- Main dish** Boeuf Bourguignon |1, 12, 15, 16, 7, S|, served with mashed potatoes |7|
- Salads** Mixed salads with semidried cherry tomatoes |10, 12, 15, 7| Pumpkin salad with barley |1, 12, 15|
- Cold cuts/
Spread/
Deli** Salmon salad with herbs og pickled greens |10, 12, 3, 4, 7, 9| Salami with jelly and onion |12, 15, 3, 7, 9, S| Chicken breast with chili mayonnaise |10, 12, 15, 16, 3, 6| Eggs with mayonnaise |10, 12, 3|

THURSDAY

- Main dish** Bolognese |12, 15, 16, 9|, served with pasta penne oregano |1, 16| and Grana Padano cheese |3, 7|
- Salads** Cucumber and tomato salad in basil vinaigrette |10, 12, 15, 16| Lentil salad with golden beets |12, 15|
- Cold cuts/
Spread/
Deli** Calf brisket salad |10, 12, 15, 3, 7| Honey ham with apple and curry salad |10, 12, 15, 3, 7| Pesto roasted chicken with salsa |12, 15, 16, 3, 5, 7| Quiche with bell peppers, eggplant and mozzarella |1, 12, 15, 16, 3, 5, 7|

EXTRA OPTIONS

- Vegetable
dishes** **M:** Pearl barley-otto with pumpkin and Germolata |1, 15, 16, 3, 7| and pickled carrot
- T:** Root Bourguignon med vegetables, mushrooms and pearl onion |1, 12, 15, 16, 6, 9| with mashed potatoes |7|
- O:** Mexican tortilla with beans and salsa |1, 12, 15, 16|
- T:** Hot pot with kidney, edamame and white beans |12, 15, 16, 6|
- F:** Potato and leek quiche |1, 16, 3, 7| and basil pesto |3, 7, 8|

We preserved the right to change the content if supply cannot be met!



FROKOST UGE 44 PORTIONS

MANDAG

Hovedret Butter Chicken | 10, 15, 16, 7, 8 |, serveret med gurkemeje-ris

Salater Broccoli og spinat i limes dressing | 12, 15, 16 |

ONSDAG

Hovedret Gammeldags hamburgerryg med let stuvet grønt | 1, 10, 12, 15, 7, 9, 5 |, serveret med små kartofler med persillesmør | 7 |

Salater Spidskålssalat med Galia melon og saltede solsikkekerne | |

FREDAG

Hovedret Pulled Chicken burger | 1, 10, 15, 16 | med coleslaw | 10, 12, 16, 3, 7 |

Salater

TIRSDAG

Hovedret Boeuf Bourguignon | 1, 12, 15, 16, 7, 5 |, serveret med kartoffelmos | 7 |

Salater Blandede salater vendt med tørrede cherrytomater | 10, 12, 15, 7 |

TORSdag

Hovedret Okse-bolognese med urter og italienske krydderier | 12, 15, 16, 9 |, serveret med pasta penne vendt i oregano-olie | 1, 16 |

Salater Tomat og agurk i basilikum-vinaigrette | 10, 12, 15, 16 |

TILKØB

Grøntsags-Retterne M: Perlebygotto med græskar og germolata | 1, 15, 16, 3, 7 | og syltet gulerod

T: Bede Bourguignon med grøntsager, svampe og perleløg | 1, 12, 15, 16, 6, 9 | med kartoffelmos | 7 |

O: Mexicansk tortilla med bønner og salsa | 1, 12, 15, 16 |

T: Bønnegryde med kidney, edamamebønner og hvide bønner | 12, 15, 16, 6 |

F: Porre-kartoffeltærte med ost | 1, 16, 3, 7 | og basilikumspesto | 3, 7, 8 |

Ugens kage Kokoskage med chokolade frosting | 1, 3, 7 |

Denne uges menu er med forbehold for ændringer!



PORTION

4

MONDAY

- Main dish Butter Chicken |10, 15, 16, 7, 8|, served with turmeric rice
- Salads Broccoli and spinach with lime dressing |12, 15, 16|

WEDNESDAY

- Main dish Smoked Ham with stewed vegetables |1, 10, 12, 15, 7, 9, 5|, served with parsley buttered potatoes |7|
- Salads Cabbage with Galia melon and salted sunflower seeds ||

FRIDAY

- Main dish Pulled Chicken burger |1, 10, 15, 16| with coleslaw |10, 12, 16, 3, 7|
- Salads Apple, celery and beetroot salad |12, 15, 9|

This weeks cake	Coconut Cake with chocolate frosting 1, 3, 7
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TUESDAY

- Main dish Boeuf Bourguignon |1, 12, 15, 16, 7, 5|, served with mashed potatoes |7|
- Salads Mixed salads with semidried cherry tomatoes |10, 12, 15, 7|

THURSDAY

- Main dish Bolognese |12, 15, 16, 9|, served with pasta penne oregano |1, 16|
- Salads Cucumber and tomato salad in basil vinaigrette |10, 12, 15, 16|

EXTRA OPTIONS

- Vegetable dishes
- M: Pearl barley-otto with pumpkin and Germolata |1, 15, 16, 3, 7| and pickled carrot
 - T: Root Bourguignon med vegetables, mushrooms and pearl onion |1, 12, 15, 16, 6, 9| with mashed potatoes |7|
 - O: Mexican tortilla with beans and salsa |1, 12, 15, 16|
 - T: Hot pot with kidney, edamame and white beans |12, 15, 16, 6|
 - F: Potato and leek quiche |1, 16, 3, 7| and basil pesto |3, 7, 8|

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