FROKOST UGE 49
BUFFET

MANDAG

Hovedret	Græsk simregryde med oksekød |12, 15, 16|, serveret med kartoffelkompot med frisk persille |15, 3, 7|
Salater	Salat med blomkål, fennikel og karry |12, 15, 16, 3, 7|
Pålæg/ Spread/ Delikatesse	Pålægssalat af kalvespidsbryst |12, 15, 16| Italiensk salami med syltede rødløg og basilikumspesto |12, 15, 16, 3, 5, 7, S| Kalkunchorizo med spicy mojo af bagt peberfrugt |16, 6, 7|

TIRSDAG

Hovedret	Coq au Vin |1, 12, 15, 16, 6, 9|, serveret med bulgur med urter |1, 12, 15, 16|
Salater	Rødbedesalat med æbler og æblesirup |12|
Pålæg/ Spread/ Delikatesse	Torskerognssalat med kapers og dild |10, 12, 15, 3, 4, 7| Provence skinke med æggestand |15, 3, 7, S| Oksespegepølse med remoulade og ristede løg |1, 10, 12, 15, 3|

ONSDAG

Hovedret	Forloren hare |1, 15, 7, S|, serveret med små kartofler med persillesmør |7|, råsyltede tyttebær og skysauce |12, 15, 7|
Salater	Blandede salater vendt med tørrede cherrytomater |10, 12, 15, 7|
Pålæg/ Spread/ Delikatesse	Maaltidets skinkesalat |1, 10, 12, 15, 3, 7, S| Kalveleverpostej med rødbeder |1, 6| Stegt kyllingebryst med karrycreme |10, 12, 16, 3, 7|

TORSDAG

Hovedret	Kalkun cuvette med cremet svampesauce og gremolata |12, 15, 16, 7|, serveret med lun hvedekernesalat med salvieolie og æbletern |1|
Salater	Broccolisalat med gomadressing og ristede sesamfrø |1, 11, 12, 16, 6|
Pålæg/ Spread/ Delikatesse	Tunsalat med ærter og frisk dild |10, 12, 15, 3, 4| Rullepølse med rødbedesalat |12, 15, 7, S| Sprængt oksebryst med peberrodscreme |10, 12, 7|

FREDAG

Hovedret	Jægergryde med gris |12, 15, 16, 7, 9, S|, serveret med hvide ris
Salater	Perlecouscous med spinat, bagt aubergine, chili og citrus dressing |1, 12, 15, 16|
Pålæg/ Spread/ Delikatesse	Kyllingesalat med bagte rodfrugter |10, 12, 15, 3, 7, 9| Sønderjysk spegepølse med dijoncreme og bagt tomat |10, 12, 15, 3, 7, S| Kalvesteg med blommechutney og persillesalat |12, 15, 16|

TILKØB

Grøntsags-Retterne	**M**: Sweet potato/cous cous med chili, aubergine og pinjekerner |1, 11| og ajvar-spread |12, 16|
	T: Grøntsagsgryde med varme krydderier |1, 15, 16, 6, 7| med bulgur med urter |1, 12, 15, 16|
	O: Dhal med røde linser og koriander-gremolata |10, 12, 15, 16, 5| serveret med raita |10, 12, 7| og naanbrød |1, 16, 7|
	T: Gnocchi i tomatsauce med mozzarella |1, 15, 16, 3, 7, 8| og Grana Padano |3, 7|
	F: Grøntsagsmousakka |1, 12, 15, 16, 7|

Ugens kage	Banankage med chokolade frosting |1, 12, 3, 6, 7|

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 S

FROKOST MAALTIDET

LUNCH WEEK 49
BUFFET

MONDAY

Main dish	Greek slow pot with beef |12, 15, 16|, served with potato compote with parsley |15, 3, 7|
Salads	Cauliflower salad with fennel and curry |12, 15, 16, 3, 7|
Cold cuts/ Spread/ Deli	Calf brisket salad |12, 15, 16| Italian salami with pickled red onions and pesto |12, 15, 16, 3, 5, 7, S| Turkey chorizo with bell pepper spicy mojo |16, 6, 7|

TUESDAY

Main dish	Coq au Vin |1, 12, 15, 16, 6, 9|, served with bulgur with herbs |1, 12, 15, 16|
Salads	Beetroot salad with apples and apple syrup |12|
Cold cuts/ Spread/ Deli	Salad of cod roe with capers and dill |10, 12, 15, 3, 4, 7| Provence ham with baked eggs |15, 3, 7, S| Beef salami with remoulade and roasted onions |1, 10, 12, 15, 3|

WEDNESDAY

Main dish	Meatloaf |1, 15, 7, S|, served with parsley buttered potatoes |7|, marinated Lingonberries and gravy |12, 15, 7|
Salads	Mixed salads with semidried cherry tomatoes |10, 12, 15, 7|
Cold cuts/ Spread/ Deli	Maaltidet's ham salad |1, 10, 12, 15, 3, 7, S| Veal liver paté with pickled beetroots |1, 6| Fried chicken breast with curry cream |10, 12, 16, 3, 7|

THURSDAY

Main dish	Turkey cuvette with creamy mushroom sauce and gremolata |12, 15, 16, 7|, served with warm wheat kernel salad with sage oil and apples |1|
Salads	Broccoli with goma dressing and roasted sesame seeds |1, 11, 12, 16, 6|
Cold cuts/ Spread/ Deli	Tuna mousse with dill and peas |10, 12, 15, 3, 4| "Rullepølse" with beetroot salad |12, 15, 7, S| Brisket with horseradish cream |10, 12, 7|

FRIDAY

Main dish	'Hunters pot' with pork |12, 15, 16, 7, 9, S|, served with rice
Salads	Pearl couscous with spinach, baked eggplant, chili and lemon dressing |1, 12, 15, 16|
Cold cuts/ Spread/ Deli	Chicken salad with baked root vegetables |10, 12, 15, 3, 7, 9| Salami with dijon-cream and baked tomatoes |10, 12, 15, 3, 7, S| Cold roast of veal with plum chutney and parsley salad |12, 15, 16|

This weeks cake	Banana cake with chocolate frosting |1, 12, 3, 6, 7|

EXTRA OPTIONS

Vegtable dishes	**M**: Sweet potato/cous cous with chili, egg plant and pine nuts |1, 11| and ajvar spread |12, 16|
	T: Vegetable Casserole with warm spices |1, 15, 16, 6, 7| with bulgur with herbs |1, 12, 15, 16|
	O: Dhal with red lentils and coriander-gremolata |10, 12, 15, 16, 5| served with Raita |10, 12, 7| and Naan |1, 16, 7|
	T: Gnocchi in tomato sauce with mozzarella |1, 15, 16, 3, 7, 8|and Grana Padano |3, 7|
	F: Vegetable moussaka |1, 12, 15, 16, 7|

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

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

Gluten 1, Shellfish 2, Egg 3, Fish 4, Peanuts 5, Soya 6,Milk 7, , Nuts 8, Celery 9, Mustard 10, Sesame 11, Sulphites 12, Lupine 13, Molluscs 14, , Onion 15, Garlic 16, Pork S

FROKOST
MAALTIDET

FROKOST UGE 49
PORTION

MANDAG

Hovedret	Græsk simregryde med oksekød |12, 15, 16|, serveret med kartoffelkompot med frisk persille |15, 3, 7|

TIRSDAG

Salater	Rødbedesalat med æbler og æblesirup |12|
Pålæg/ Spread/ Delikatesse	Torskerognssalat med kapers og dild |10, 12, 15, 3, 4, 7| Provence skinke med æggestand |15, 3, 7, S| Oksespegepølse med remoulade og ristede løg |1, 10, 12, 15, 3|

ONSDAG

Hovedret	Forloren hare |1, 15, 7, S|, serveret med små kartofler med persillesmør |7|, råsyltede tyttebær og skysauce |12, 15, 7|

TORSDAG

Salater	Broccolisalat med gomadressing og ristede sesamfrø |1, 11, 12, 16, 6|
Pålæg/ Spread/ Delikatesse	Tunsalat med ærter og frisk dild |10, 12, 15, 3, 4| Rullepølse med rødbedesalat |12, 15, 7, S| Sprængt oksebryst med peberrodscreme |10, 12, 7|

FREDAG

Hovedret	Jægergryde med gris |12, 15, 16, 7, 9, S|, serveret med hvide ris

Ugens kage	Banankage med chokolade frosting |1, 12, 3, 6, 7|

TILKØB

Grøntsags-Retterne	**M**: Sweet potato/cous cous med chili, aubergine og pinjekerner |1, 11|
	T: Vegetarisk pålæg
	O: Dhal med røde linser og koriander-gremolata |10, 12, 15, 16, 5| serveret med raita |10, 12, 7| og naanbrød |1, 16, 7|
	T: Vegetarisk pålæg
	F: Grøntsagsmousakka |1, 12, 15, 16, 7|

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 S

FROKOST

LUNCH WEEK 49
PORTION

MONDAY

Main dish — Greek slow pot with beef |12, 15, 16|, served with potato compote with parsley |15, 3, 7|

TUESDAY

Salads — Beetroot salad with apples and apple syrup |12|

Cold cuts/ Spread/ Deli — Salad of cod roe with capers and dill |10, 12, 15, 3, 4, 7|
Provence ham with baked eggs |15, 3, 7, S|
Beef salami with remoulade and roasted onions |1, 10, 12, 15, 3|

WEDNESDAY

Main dish — Meatloaf |1, 15, 7, S|, served with parsley buttered potatoes |7|, marinated Lingonberries and gravy |12, 15, 7|

THURSDAY

Salads — Broccoli with goma dressing and roasted sesame seeds |1, 11, 12, 16, 6|

Cold cuts/ Spread/ Deli — Tuna mousse with dill and peas |10, 12, 15, 3, 4|
"Rullepølse" with beetroot salad |12, 15, 7, S|
Brisket with horseradish cream |10, 12, 7|

FRIDAY

Main dish — 'Hunters pot' with pork |12, 15, 16, 7, 9, S|, served with rice

EXTRA OPTIONS

Vegtable dishes — **M**: Sweet potato/cous cous with chili, egg plant and pine nuts |1, 11| and ajvar spread |12, 16|

T: Vegetarian cold cuts

O: Dhal with red lentils and coriander-gremolata |10, 12, 15, 16, 5| served with Raita |10, 12, 7| and Naan |1, 16, 7|

T: Vegetarian cold cuts

F: Vegetable moussaka |1, 12, 15, 16, 7|

This weeks cake	Banana cake with chocolate frosting |1, 12, 3, 6, 7|

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

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

Gluten 1, Shellfish 2, Egg 3, Fish 4, Peanuts 5, Soya 6,Milk 7, , Nuts 8, Celery 9, Mustard 10, Sesame 11, Sulphites 12, Lupine 13, Molluscs 14, , Onion 15, Garlic 16, Pork S

M
FROKOST