FROKOST UGE 15 BUFFET

MANDAG

Hovedret	Svinekød i strimler med karry-tomatsauce, porrer og savoykål |15, 16, S|, serveret med bulgur med grønt |1, 12, 15, 6|
Salat	Kartoffelsalat på stegte kartofler med grøntsager |10, 12, 15, 16, 3, 7|
Pålæg/ Spread/ Delikatesse	Hvidfiskesalat med kapers og dild |10, 12, 15, 3, 4, 7, 9| Hamburgerryg med italiensk salat |10, 12, 3, 7, S| Æg med tomat og estragoncreme |10, 12, 3, 7|

TIRSDAG

Hovedret	Chicken Korma |12, 15, 16, 7, 8|, serveret med ris med forårsløg |15|
Salat	Perlebyg med spidskål, æbler og vesterhavsost, vendt i sennepsvinaigrette |1, 10, 12, 15, 16, 7|
Pålæg/ Spread/ Delikatesse	Kalvespidsbryst salat med kartofler og sennepsvinaigrette |10, 12, 16, 3| Leverpostej med syltede asier |1, 10, 15, 7, S| Roastbeef med pickles og peberrod |12, 15|

ONSDAG

Hovedret	Fiskefrikadeller med syrligt grønt |1, 12, 15, 3, 4, 6, 7, 9|, serveret med dampede kartofler med smørolie, estragon og Maaltidets remoulade |1, 10, 12, 15, 3|
Salat	Bulgur Tabouleh med tomat og persille |1, 15|
Pålæg/ Spread/ Delikatesse	Kyllingesalat med bagte urter og asparges |10, 12, 15, 3, 7, 9| Chorizo med ærtepure |12, 16, 6, 7, S| Kartoffel med spegeskinke knas og mayonnaise |10, 12, 15, 3, S|

TORSDAG

Hovedret	Shepherds pie |1, 10, 12, 15, 16, 7, 9|
Salat	Blomkålssalat med pesto og linser |12, 16, 3, 5, 7|
Pålæg/ Spread/ Delikatesse	Skinkesalat med rødløg og agurk |1, 10, 12, 15, 3, 7, S| Frikadeller med agurkesalat |1, 3, 7, S| Stegt kalveinderlår med æble/karry-creme |10, 12, 15, 3, 7|

FREDAG

Hovedret	Boeuf Stroganoff |10, 12, 15, 16, 7|, serveret med kartoffelmos med bagte rodfrugter |7, 9|
Salat	Perlecouscous med fennikel, appelsin, spidskål, oliven og estragoncreme |1, 10, 12, 3, 7|
Pålæg/ Spread/ Delikatesse	Rejesalat med asparges, ærter og dild |10, 12, 2, 3, 9| Salami Capsi med paprika og romescosauce |12, 15, 16, 3, 7, S| Bagt kyllingebryst med tomat og karrydressing|10, 12, 15, 3, 7|
Ugens kage	Mandelkage med citrus |1, 3, 7, 8|

TILKØB

Grøntsags-Retterne	**M**: Biryani med kikærter og kartofler |1, 15, 16|
	T: Vegetarisk Chicken korma |1, 12, 15, 16, 5, 6, 7, 8|
	O: Perlebygotto med græskar og germolata |1, 12, 15, 16, 3, 7|
	T: Vegetarisk Shepherds pie |12, 15, 16, 7|
	F: Fransk løgtærte med haricots verts topping |1, 10, 12, 15, 16, 3, 7|
S	

Denne uges menu er med forbehold for ændringer!

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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 15 BUFFET

MONDAY

Main dish	Pork with curry-tomato sauce, leek and savoy cabbage |15, 16, S|, served with bulgur with vegetables |1, 12, 15, 6|
Salad	Fried potato with vegetables |10, 12, 15, 16, 3, 7|
Cold cuts/ Spread/ Deli	White fish salad with capers and dill |10, 12, 15, 3, 4, 7, 9| Smoked ham with "Italiensk salat" |10, 12, 3, 7, S| Eggs with tomato and tarragon cream |10, 12, 3, 7|

TUESDAY

Main dish	Chicken Korma |12, 15, 16, 7, 8|, served with rice with spring onions |15|
Salad	Pearl barley with cabbage, apples, Vesterhavs cheese and mustard vinaigrette |1, 10, 12, 15, 16, 7|
Cold cuts/ Spread/ Deli	Calf brisket salad with potatoes and mustard vinaigrette |10, 12, 16, 3| Liver paté with pickled gherkins |1, 10, 15, 7, S| Roast beef with pickles and horseradish |12, 15|

WEDNESDAY

Main dish	Fishcakes served with pickled vegetables |1, 12, 15, 3, 4, 6, 7, 9|, served with steamed potatoes with butter oil, tarragon and Maaltidets remoulade |1, 10, 12, 15, 3|
Salad	Bulgur Tabbouleh with tomatoes and parsley |1, 15|
Cold cuts/ Spread/ Deli	Chicken salad with asparagus |10, 12, 15, 3, 7, 9| Chorizo with pureed peas |12, 16, 6, 7, S| Potatoes with mayonnaise and crunchy ham |10, 12, 15, 3, S|

THURSDAY

Main dish	Shepherds pie |1, 10, 12, 15, 16, 7, 9|
Salad	Cauliflower with pesto and lentils |12, 16, 3, 5, 7|
Cold cuts/ Spread/ Deli	Ham salad with red onions and cucumber |1, 10, 12, 15, 3, 7, S| Meatballs with cucumber salad |1, 3, 7, S| Roasted veal with apple-curry cream |10, 12, 15, 3, 7|

FRIDAY

Main dish	Boeuf Stroganoff |10, 12, 15, 16, 7|, served with mashed potatoes with root vegetables |7, 9|
Salad	Couscous with fennel, orange, cabbage, olives and tarragon dressing |1, 10, 12, 3, 7|
Cold cuts/ Spread/ Deli	Classic shrimp salad with asparagus, peas and dill |10, 12, 2, 3, 9| Salami Capsi with paprika and romescosauce |12, 15, 16, 3, 7, S| Baked chicken breast with tomatoes and curry dressing |10, 12, 15, 3, 7|
This weeks cake	Almond cake with citrus |1, 3, 7, 8|

EXTRA OPTIONS

Vegtable dishes	M: Biryani with chickpeas and potatoes |1, 15, 16|
	T: Veggie Chicken Korma |1, 12, 15, 16, 5, 6, 7, 8|
	O: Pearl barley-otto with pumpkin and Germolata |1, 12, 15, 16, 3, 7|
	T: Vegetarian Shepherds pie |12, 15, 16, 7|
	F: French onion tarte with haricots verts topping |1, 10, 12, 15, 16, 3, 7|

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

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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
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FROKOST UGE 15
PORTION

MANDAG

Hovedret — Svinekød i strimler med karry-tomatsauce, porrer og savoykål |15, 16, S|, serveret med bulgur med grønt |1, 12, 15, 6|

TIRSDAG

Salat — Perlebyg med spidskål, æbler og vesterhavsost, vendt i sennepsvinaigrette |1, 10, 12, 15, 16, 7|

Pålæg/ Spread/ Delikatesse — Kalvespidsbryst salat med kartofler og sennepsvinaigrette |10, 12, 16, 3|
Leverpostej med syltede asier |1, 10, 15, 7, S|
Roastbeef med pickles og peberrod |12, 15|

ONSDAG

Hovedret — Fiskefrikadeller med syrligt grønt |1, 12, 15, 3, 4, 6, 7, 9|, serveret med dampede kartofler med smørolie, estragon og Maaltidets remoulade |1, 10, 12, 15, 3|

TORSDAG

Salat — Kylling Poké bowl

FREDAG

Hovedret — Boeuf Stroganoff |10, 12, 15, 16, 7|, serveret med kartoffelmos med bagte rodfrugter |7, 9|

Ugens kage — Mandelkage med citrus |1, 3, 7, 8|

TILKØB

Grøntsags-Retterne

M: Biryani med kikærter og kartofler |1, 15, 16|

T: Vegetarisk pålæg

O: Perlebygotto med græskar og germolata |1, 12, 15, 16, 3, 7|

T: Vegetarisk Poké bowl med plante protein

F: Fransk løgtærte med haricots verts topping |1, 10, 12, 15, 16, 3, 7|

S

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FROKOST MAALTIDET

LUNCH WEEK 15
PORTION

MONDAY

Main dish	Pork with curry-tomato sauce, leek and savoy cabbage |15, 16, S|, served with bulgur with vegetables |1, 12, 15, 6|

TUESDAY

Salad	Pearl barley with cabbage, apples, Vesterhavs cheese and mustard vinaigrette |1, 10, 12, 15, 16, 7|
Cold cuts/ Spread/ Deli	Calf brisket salad with potatoes and mustard vinaigrette |10, 12, 16, 3| Liver paté with pickled gherkins |1, 10, 15, 7, S| Roast beef with pickles and horseradish |12, 15|

WEDNESDAY

Main dish	Fishcakes served with pickled vegetables |1, 12, 15, 3, 4, 6, 7, 9|, served with steamed potatoes with butter oil, tarragon and Maaltidets remoulade |1, 10, 12, 15, 3|

THURSDAY

Salad	Chicken Poké bowl

FRIDAY

Main dish	Boeuf Stroganoff |10, 12, 15, 16, 7|, served with mashed potatoes with root vegetables |7, 9|

This weeks cake	Almond cake with citrus |1, 3, 7, 8|

EXTRA OPTIONS

Vegtable dishes	**M**: Biryani with chickpeas and potatoes |1, 15, 16| **T**: Vegetarisk pålæg **O**: Pearl barley-otto with pumpkin and Germolata |1, 12, 15, 16, 3, 7| **T**: Vegetarian Poké bowl with plant protein **F**: French onion tarte with haricots verts topping |1, 10, 12, 15, 16, 3, 7|

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