

MENU UGE/WEEK 31

MANDAG/MONDAY

Kylling i karrysovs med blomkål & bagt løg

Chicken in curry sauce with cauliflower & baked onions

VEGETARISK/VEGETARIAN

Kikærter i karrysovs med blomkål & bagt løg

Chickpeas in curry sauce with cauliflower & baked onions

Ris

Rice

TIRSDAG/TUESDAY

Cremet pasta med fennikel, dild, rødløg & varmrøget laks

Creamy pasta with fennel, dill, red onion & hot smoked salmon

VEGETARISK/VEGETARIAN

Lasagne

Lasagna

ONSDAG/WEDNESDAY

Oksegyde med sommerens grøntsager, citron & persille

Beef stew with summer vegetables, lemon & parsley

VEGETARISK/VEGETARIAN

Vegetarisk sommerfrikassé med citron & persille

Vegetarian summer fricassee with lemon & parsley

Kartofler med urtepesto

Potatoes with herb pesto

Hver dag serveres et udvalg af 2-3 pålægsvarianter med tilbehør & hjemmesylt, 3-4 fyldige salater, ost, 2 slags brød, palæobrød & hver torsdag serveres kage i stedet for ost

Every day a selection of 2-3 cold cuts is served with side dishes & homemade pickled garnish, 3-4 rich salads, cheese, 2 kinds of bread, paleo bread & every Thursday cake is served instead of cheese

TORS DAG/THURSDAY

Pad krapaw med svinekød, grønne bønner, løg & tomat

Pad krapaw with pork, green beans, onion & tomato

VEGANSK/VEGAN

Pad krapaw med tofu, grønne bønner, løg & tomat

Pad krapaw with tofu, green beans, onion & tomato

Dampet ris med citrongræs

Steamed rice with lemongrass

KAGE/SØDT

CAKE/SWEET

FREDAG/FRIDAY

Biksemad

Fried potatoes, onions & meat

VEGETARISK/VEGETARIAN

Vegetarisk biksemad

Fried vegetables

Syltede rødbeder & kold estragonmayonaise

Pickled beetroot & cold tarragon mayonaise