

MENU UGE/WEEK 33

MANDAG/MONDAY

Svinekød i grøn karry med bønner, løg, broccoli, citrongræs & limeblade

Pork in green curry with beans, onions, broccoli, lemongrass & lime leaves

VEGANSK/VEGAN

Tofu i grøn karry med bønner, løg, broccoli, citrongræs, limeblade & thaibasilikum

Tofu in green curry with beans, onions, broccoli, lemongrass, lime leaves & Thai basil

Dampede basmatiris

Steamed basmati rice

TIRSDAG/TUESDAY

Cremet pasta med kylling & spinat

Creamy pasta with chicken & spinach

VEGETARISK/VEGETARIAN

Melanzane alla parmigiana

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ONSDAG/WEDNESDAY

Sommerstroganoff med oksekød, svampe, tomat, citron & persille

Summer stroganoff with beef, mushrooms, tomato, lemon & parsley

VEGETARISK/VEGETARIAN

Sommerstroganoff med kål, svampe, tomat, citron & persille

Summer stroganoff with cabbage, mushrooms, tomato, lemon and parsley

Dampede ris

Steamed rice

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

Bagt mørksel med sennepssauce, kapers, rødbeder & peberrod

Baked coalfish with mustard sauce, capers, beetroot & horseradish

VEGANSK/VEGAN

Kål med linser & urter

Cabbage with lentils and herbs

Dampede kartofler

Steamed potatoes

KAGE/SØDT

CAKE/SWEET

FREDAG/FRIDAY

Oksekødsköfte med bulgur, persille & hvidløg

Beef köfte with bulgur, parsley and garlic

VEGANSK/VEGAN

Falafel

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Pitabrød, chili & yogurtdressing

Pita bread, chili & yogurt dressing