

MENU UGE/WEEK 43

MANDAG/MONDAY

Okseragout med bladselleri, tomat, gulerod, persille & citron

Beef ragout with celery, tomato, carrot, parsley & lemon

VEGANSK/VEGAN

Pasta med oliven, squash, tomat & fermenteret hvidløg

Pasta with olives, squash, tomato & fermented garlic

Pasta

Pasta

TIRSDAG/TUESDAY

Kylling i sur/sød sauce med ananas, peberfrugt, løg & chili

Chicken in sweet/sour sauce with pineapple, bell pepper, onion & chili

VEGANSK/VEGAN

Edamamebønner i sur/sød sauce med ananas, peberfrugt, løg & chili

Edamame beans in sweet/sour sauce with pineapple, bell pepper, onion & chili

Ris

Rice

ONSDAG/WEDNESDAY

Bagt mørksej med sauce verte

Baked coalfish with sauce verte

VEGANSK/VEGAN

Bønnecassoulet

Bean cassoulet

Kartofler med krydderurter & oliven

Potatoes with herbs & olives

TORS DAG/THURSDAY

Forloren hare med sovs & rysteribs

Meatloaf with gravy & currant

VEGETARISK/VEGETARIAN

Porretærte med ost & timian

Leek pie with cheese & thyme

Dampede kartofler

Steamed potatoes

KAGE/SØDT

CAKE/SWEET

FREDAG/FRIDAY

BBQkylling

BBQ chicken

VEGETARISK/VEGETARIAN

Mac & cheese

Mac & cheese

Stegte kartofler

Fried potatoes

Hver dag serveres et udvalg af 2-3 pålægsvarianter med tilbehør & hjemmesylt, 3 fyldige salater, grøn salat, 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 rich salads, green salad, cheese, 2 kinds of bread, paleo bread & every Thursday cake is served instead of cheese