

## WEEK 48

MONDAY 23<sup>rd</sup>

### TODAYS WARM DISH

Moroccan inspired chicken ragout with turmeric and dates

### TODAYS VEGETARIAN DISH

Sweet potatoes in spicy sauce with coconut, cardamom and ginger

### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

### TODAYS SALAD

Carrots baked with apple cider and cumin, crispy kale with pomegranate seeds, lightly salted duck, and toasted pine nuts (7)

### TODAYS VEGETARIAN SALAD

Carrots baked with apple cider and cumin, crispy kale with pomegranate seeds, sheep fetta and toasted pine nuts (7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

BLT – sandwich with bacon, lettuce, tomato and mayo

### TODAYS VEGETARIAN

Grilled bell peppers with Mojo, mild onions and toasted almonds (8)

### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

### WEEKLY OPEN SANDWICHES

Meatballs with mayonnaise and red sweetheart cabbage in cherry vinaigrette (1,7)

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Egg salad with curry, pickles and cress (7)

### VEGAN OPEN SANDWICHES

Split pea balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette

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Pickled pumpkin with walnuts and pumpkin mayo (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Couscous salad with parsley, tomato and red onion

Subject to change.

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## WEEK 48

### TUESDAY 24<sup>th</sup>

#### TODAYS WARM DISH

Meyers Danish sausage with mustard stewed potatoes and green cabbage in apple cider (1, 7)

#### TODAYS VEGETARIAN DISH

Fried carrots with mustard stewed potatoes and green cabbage in apple cider (1, 7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### TODAYS SALAD

Baked and raw beetroot with mint and orange  
Rye kernels  
Pork  
Yoghurt dressing (1,7)

#### TODAYS VEGETARIAN SALAD

Baked and raw beetroot with mint and orange  
Rye kernels  
Yoghurt dressing (1,7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Cured ham with herbal pesto and sundried tomatoes (7)

#### TODAYS VEGETARIAN

Egg and tomato with mayonnaise and chives

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Meat balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette (1,7)

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Egg salad with curry, pickles and cress (7)

#### VEGAN OPEN SANDWICHES

Split pea meatballs with mayonnaise and red sweetheart cabbage in cherry vinaigrette

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Pickled pumpkin with walnuts and pumpkin mayo (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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Subject to change.

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## WEEK 48

### WEDNESDAY 25<sup>th</sup>

#### TODAYS WARM DISH

Beef stir fry with lots of crispy vegetables, egg noodles and sesame (1,7)

#### TODAYS VEGETARIAN DISH

Tofu stir fry with a lot of crispy vegetables, egg noodles and sesame (1,7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### TODAYS SALAD

Crispy romaine salad and pickled onions, fried potatoes, chicken breast and parmesan dressing (7)

#### TODAYS VEGETARIAN SALAD

Crispy romaine salad and pickled onions, fried potatoes, boiled eggs and parmesan dressing (7)

#### TODAYS SHOT:

Ginger, apple and lemon

#### TODAYS SANDWICH

Hard cheese and smoked ham with mustard dressing, bell pepper relish and crispy lettuce (7)

#### TODAYS VEGETARIAN

Mozzarella with pesto and tomato (7)

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and is served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Meat balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette (1,7)

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Egg salad with curry, pickles and cress (7)

#### VEGAN OPEN SANDWICHES

Split pea balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette

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Pickled pumpkin with walnuts and pumpkin mayo (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Daikon radish with mild onions and chili pickled cucumber

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## WEEK 48

### THURSDAY 26<sup>th</sup>

#### TODAYS WARM DISH

Paella with tender pork, chorizo, saffron and red bell pepper

#### TODAYS VEGETARIAN DISH

Kornotto with Jerusalem artichoke, mascarpone, parmesan and sage (1, 7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### TODAYS SALAD

Whole grain bulgur with parsley and mint  
Fresh tomato, cucumber and red onion  
Turkey breast  
Skyr with fetta and olive (1, 7)

#### TODAYS VEGETARIAN SALAD

Whole grain bulgur with parsley and mint  
Fresh tomato, cucumber and red onion  
Large white beans  
Skyr with fetta and olive (1, 7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAY'S CAKE:

Triple chocolate cookie

#### TODAYS SANDWICH

Pepper pastrami with horseradish dressing and gherkins (7)

#### TODAYS VEGETARIAN

Roasted artichokes with parmesan and bean spread (7)

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Meat balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette (1,7)

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Egg salad with curry, pickles and cress (7)

#### VEGAN OPEN SANDWICHES

Split pea balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette

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Pickled pumpkin with walnuts and pumpkin mayo (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Different kinds of cabbage with pear vinaigrette

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## WEEK 48

### FRIDAY 27<sup>th</sup>

#### TODAYS WARM DISH

Fajitas with turkey in smoked paprika with onion and bell pepper

Served with flatbread and guacamole (1, 7)

#### TODAYS VEGETARIAN DISH

Fajitas with black beans and mushrooms in smoked paprika with onion and bell pepper

Served with flatbread and guacamole (1, 7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### TODAYS SALAD

Beef with chili

White quinoa with tomato and coriander

Crispy sweetheart cabbage

Bean spread with lemon

#### TODAYS VEGETARIAN SALAD

Fried cheese with chili marinade

White quinoa with tomato and coriander

Crispy sweetheart cabbage

Bean spread with lemon (7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Salmon rillette with crispy vegetables, skyr and dill (7)

#### TODAYS VEGETARIAN

Fried beetroot with feta crème and lightly pickled beetroot (7)

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Meat balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette (1,7)

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Egg salad with curry, pickles and cress (7)

#### VEGAN OPEN SANDWICHES

Split pea balls with mayonnaise and red sweetheart cabbage in cherry vinaigrette

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Pickled pumpkin with walnuts and pumpkin mayo (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Lettuce with crispy corn

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