HEVERSE HARKEN PAKKET



WEEK 25 MONDAY JUNE 20TH

TODAYS WARM DISH

Chicken thighs roasted with cayenne and piment espelette.

Cajun rice with lentils and tomato water. Creamy chili dressing (7).

TODAYS VEGETARIAN DISH

Beetroot bygotto with hazelnuts, apples and fried onions (1, 7, 8).

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

Todays 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

Smoked salmon and bell pepper crème. Bean salad with green and white beans, baked fennel and tomatoes (V).

TODAYS VEGETARIAN SALAD

Grilled eggplant with feta and bell pepper crème. Bean salad with green and white beans, baked fennel and tomatoes (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CLASSIC SANDWICH

Today's sandwich with meat

TODAYS GREEN SANDWICH

Today's sandwich with greens

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

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green salads with olives, red onions, crudité of carrot and marjoram vinaigrette (V).

Subbject to change.

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TODAYS WARM DISH

Beef brisket roasted with garlic, onions, rose pepper and oregano.

Roasted potatoes with rosemary and olive oil. Tzatziki, mild garlic and cucumber (7).

TODAYS VEGETARIAN DISH

Roasted portobello mushrooms with white beans, feta, oregano and garlic (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

Todays 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

Slices of beef cuvette and green pea puree. Violette hispi cabbage, fennel, carrots and daikon.

Served with baked garlic dressing (V).

TODAYS VEGETARIAN SALAD

Frittata with chervil and green pea puree. Violette hispi cabbage, fennel, carrots and daikon.

Served with baked garlic dressing (V).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CLASSIC SANDWICH

Today's sandwich with meat

TODAYS GREEN SANDWICH

Today's sandwich with greens

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

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Roasted eggplant, quinoa, arugula, sunflower seeds, lemon peel and artichokes (8, V).

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HEEK 25



WEDNESDAY JUNE 22ND

TODAYS WARM DISH

Baked pork cutlets, marjoram, olives and tomato sauce.

Pasta penne with tomato, pesto and butternut squash (1, V). Grated cheese, parsley and lemon peel (7).

TODAYS VEGETARIAN DISH

Roasted celeriac, marjoram, olives and tomato sauce (V).

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

Todays 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

Chicken breast and puree of roasted cauliflower. Pearl barley, grated cauliflower, almonds, lemon and parsley (1, 8, V).

TODAYS VEGETARIAN SALAD

Lemon marinated butterbeans and puree of roasted cauliflower. Pearl barley, grated cauliflower, almonds, lemon and parsley (1, 8, V))

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Beetroot, ginger, apple, lemon.

TODAYS CLASSIC SANDWICH

Today's sandwich with meat

TODAYS GREEN SANDWICH

Today's sandwich with greens

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

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Hispi cabbage, turnip cabbage, chervil, pear, elderflower vinaigrette and toasted almonds (V, 8).

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PORTIONS-PAKKET **WEEK 25**



TODAYS WARM DISH

Yellow curry with turkey, coconut milk, squash, beans, bamboo shoots, bell pepper and basil. Organic jasmine rice. Pickled cucumber, chili and cilantro.

TODAYS VEGETARIAN DISH

Yellow curry with tofu, coconut milk, squash, beans, bamboo shoots, bell pepper and basil. Organic jasmine rice. Pickled cucumber, chili and cilantro.

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

Todays 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

Pork roast with 5-spice. Mild crème with soybeans. Noodles with pickled carrots, daikon and cucumber. Crispy kale with cilantro and herbs (1).

TODAYS VEGETARIAN SALAD

Fried tempeh with sesame.

Mild crème with soybeans. Noodles with pickled carrots, daikon and cucumber. Crispy kale with cilantro and herbs (1).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Almond cake (1, 7, 8).

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TODAYS CLASSIC SANDWICH

Today's sandwich with meat

TODAYS GREEN SANDWICH

Today's sandwich with greens

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

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

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

Kale salad with mint, mango, spring onions and toasted sesame (V).









WEEK 25 FRIDAY JUNE 24TH

TODAYS WARM DISH

Beef patties with onion soubise and gravy (7). Boiled organic potatoes (V). Pickled beetroots with rosehip (V).

TODAYS VEGETARIAN DISH

Chickpea patties with onion soubise and gravy (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

Todays 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 cod marinated in lemon with skyr crème. Rye kernels, fennel, roasted leeks, dill and apple vinaigrette (1, 7).

TODAYS VEGETARIAN SALAD

Boiled organic eggs with skyr crème. Rye kernels, fennel, roasted leeks, dill and apple vinaigrette (1, 7).

TODAYS CLASSIC SANDWICH

Today's sandwich with meat

TODAYS GREEN SANDWICH

Today's sandwich with greens

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

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green leaves and salted squash, raspberries, toasted seeds and cream (7).

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