



UGE 32
HOVEDRETTE

_____ **Mandag** _____

Bolognese med oksekød, løg, hvidøg, balsamico, tomat og urter

Kogt spaghetti og mozzarella/parmesan/persille on the side (1,2,V)

_____ **Tirsdag** _____

Stegt svinemørbrad i sommermarinade (3 skiver pr pers))

Kartoffelsalat med radis, agurk, cremefraiche og purløg (2,5,V)

_____ **Onsdag** _____

Murgh makhani – Nepalesisk ret med kylling, tomat, yoghurt og masser af krydderier (2)

Jasmin ris (VG)

_____ **Torsdag** _____

Baguettes (byg selv) med kylling, bacon, karrycreme, frisk agurk og skåret salat (1,5)

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_____ **Fredag** _____

Boller i karry lavet med løg, kokosmælk, sødmælk og rød karry (3 stk pr pers) (1,2,G)

Kogte ris (VG)

_____ **Ugens kage** _____

Chokoladekage (1,2,3,5,V)

Vegansk, glutenfri og laktosefri kage

Chokoladekage (VG)

Ønsker du dagsmenu'en tilsendt på mail, så skriv til dennis@frokost-kompagniet.dk

Frokost – Kompagniet skilter med allergener vist på følgende måde:

1 – Gluten 2 – Laktose 3 – Nød 4 – Fisk/skaldyr 5 – Æg G – Gris V – Vegetar VG – Vegan

Ønsker du info om yderligere allergener, kan du kontakte os på telefon: **28 97 98 17**



UGE 32
VEGETAR RETTEN

Mandag

Vegonaise med bønner, gulerod, løg, hvidløg, balsamico, tomat og urter (VG)

Kogt spaghetti og mozzarella/parmesan/persille on the side (1,2,V)

Tirsdag

Bagt stuffed peberfrugt med mozzarella (2,V)

Kartoffelsalat med radis, agurk, cremefraiche og purløg (2,5,V)

Onsdag

Nepalesisk veggieret med bønner, tomat, yoghurt og masser af krydderier (2,V)

Jasmin ris (VG)

Torsdag

Baguettes (byg selv) med chilihumus, skåret bagt peberfrugt og ærteskud (1,VG)

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Fredag

Veggie curry ret (VG)

Kogte ris (VG)

Ugens kage

Chokoladekage (1,2,3,5,V)

Vegansk, glutenfri og laktosefri kage

Chokoladekage (VG)

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UGE 32
VEGANER RETTEN

_____ **Mandag** _____

Vegonaise med bønner, gulerod, løg, hvidløg, balsamico, tomat og urter (VG)

Kogt spaghetti (1, VG)

_____ **Tirsdag** _____

Bagt stuffed peberfrugt (VG)

Kartoffelsalat med radis, agurk og purløg (VG)

_____ **Onsdag** _____

Nepalesisk veggieret med bønner, tomat og masser af krydderier (VG)

Jasmin ris (VG)

_____ **Torsdag** _____

Baguettes (byg selv) med chiliumus, skåret bagt peberfrugt og ærteskud (1, VG)

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_____ **Fredag** _____

Veggie curry ret (VG)

Kogte ris (VG)

_____ **Ugens kage** _____

Chokoladekage (1,2,3,5,V)

Vegansk, glutenfri og laktosefri kage

Chokoladekage (VG)

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UGE 32
HALAL RETTEN

Mandag

Bolognese med oksekød, løg, hvidøg, balsamico, tomat og urter

Kogt spaghetti og mozzarella/parmesan/persille on the side (1,2,V)

Tirsdag

Stegt kyllingebryst i sommermarinade (1 stk pr pers)

Kartoffelsalat med radis, agurk, cremefraiche og purløg (2,5,V)

Onsdag

Murgh makhani – Nepalesisk ret med kylling, tomat, yoghurt og masser af krydderier (2)

Jasmin ris (VG)

Torsdag

Baguettes (byg selv) med kylling, karrycreme, frisk agurk og skåret salat (1,5)

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Fredag

Kylling i karry lavet med løg, kokosmælk, sødmælk og rød karry (1,2)

Kogte ris (VG)

Ugens kage

Chokoladekage (1,2,3,5,V)

Vegansk, glutenfri og laktosefri kage

Chokoladekage (VG)

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WEEK 32
THE MAIN COURSE

_____ **Monday** _____

Bolognese with beef, onion, garlic, balsamic vinegar, tomato and herbs

Cooked spaghetti and mozzarella/parmesan/parsley on the side (1,2,V)

_____ **Tuesday** _____

Fried pork tenderloin in summer marinade (3 slices per person))

Potato salad with radish, cucumber, sour cream and chives (2,5,V)

_____ **Wednesday** _____

Murgh makhani – Nepalese dish with chicken, tomato, yogurt and lots of spices (2)

Jasmin rice (VG)

_____ **Thursday** _____

Baguettes (build yourself) with chicken, bacon, curry cream, fresh cucumber and sliced lettuce (1.5)

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_____ **Friday** _____

Curry buns made with onion, coconut milk, whole milk and red curry (3 pcs per person)
(1,2,G)

Boiled rice (VG)

_____ **Cake** _____

Chocolate cake (1,2,3,5,V)

Vegan, gluten-free and lactose-free cake

Chocolate cake (VG)

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WEEK 32
VEGETARIAN DISH

_____ **Monday** _____

Vegonaise with beans, carrot, onion, garlic, balsamic vinegar, tomato and herbs (VG)

Cooked spaghetti and mozzarella/parmesan/parsley on the side (1,2,V)

_____ **Tuesday** _____

Baked stuffed peppers with mozzarella (2,V)

Potato salad with radish, cucumber, sour cream and chives (2,5,V)

_____ **Wednesday** _____

Nepalese veggie dish with beans, tomato, yogurt and lots of spices (2,V)

Jasmin rice (VG)

_____ **Thursday** _____

Baguettes (build yourself) with chili humus, sliced baked peppers and pea shoots (1,VG)

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_____ **Friday** _____

Veggie curry dish (VG)

Boiled rice (VG)

_____ **Cake** _____

Chocolate cake (1,2,3,5,V)

Vegan, gluten-free and lactose-free cake

Chocolate cake (VG)

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WEEK 32
VEGAN DISH

Monday

Vegonaise with beans, carrot, onion, garlic, balsamic vinegar, tomato and herbs (VG)

Boiled spaghetti (1, VG)

Tuesday

Baked stuffed peppers (VG)

Potato salad with radish, cucumber and chives (VG)

Wednesday

Nepalese veggie dish with beans, tomato and lots of spices (VG)

Jasmin rice (VG)

Thursday

Baguettes (build yourself) with chili humus, sliced baked peppers and pea shoots (1, VG)

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Friday

Veggie curry dish (VG)

Boiled rice (VG)

Cake

Chocolate cake (1, 2, 3, 5, V)

Vegan, gluten-free and lactose-free cake

Chocolate cake (VG)

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WEEK 32
HALAL DISH

_____ **Monday** _____

Bolognese with beef, onion, garlic, balsamic vinegar, tomato and herbs

Cooked spaghetti and mozzarella/parmesan/parsley on the side (1,2,V)

_____ **Tuesday** _____

Fried chicken breast in summer marinade (1 piece per person)

Potato salad with radish, cucumber, sour cream and chives (2,5,V)

_____ **Wednesday** _____

Murgh makhani – Nepalese dish with chicken, tomato, yogurt and lots of spices (2)

Jasmin rice (VG)

_____ **Thursday** _____

Baguettes (build yourself) with chicken, curry cream, fresh cucumber and sliced lettuce (1.5)

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_____ **Friday** _____

Chicken in curry made with onions, coconut milk, whole milk and red curry (1,2)

Boiled rice (VG)

_____ **Cake** _____

Chocolate cake (1,2,3,5,V)

Vegan, gluten-free and lactose-free cake

Chocolate cake (VG)

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