



KRAGERUP & KO
energien på bordet

Week 30


Monday

Chicken skewers with honey, soy, sesame and scallions
Sweet chili with coconut
Noodle salad with veggies, miso dressing and cashews
Broccoli, kohlrabi, radishes, pineapple and mizuna
Sandwich spread: Shrimp salad with apples and curry
Smoked "rullepølse" with aspic and onions
Veggie/Vegan: Veggie loaf topped with sesame and scallions

Tuesday

Beef Bolognese with veggies
Tomato pesto
Linguine pasta with parsley and lemon
Grilled vegetables with mozzarella, arugula and balsamic
Sandwich spread: Tuna salad with avocado, gherkins and cress
Sliced potatoes with herb mayonnaise and tomatoes
Veggie/Vegan: Lentil Bolognese with mushrooms and vegetables


Wednesday

 Quiche with ham, cheddar, onions and spinach
Sauce verte
Marinated new potatoes with cress, radishes, avocado and peas
Tomato salad with arugula, feta, cucumber and olives
Sandwich spread: Veal with tonnato sauce and capers
Shellfish salad with asparagus and paprika
Veggie: Quiche with broccoli, cheddar, onions and spinach
Vegan: Quiche with broccoli, onions, spinach and cashew cream

Thursday

Fish cakes with vegetables, lemon and herbs
Chunky remoulade with herbs and red onions
Potato wedges with herb salt
Green beans, frissé, olives and mustard vinaigrette
Sandwich spread: Chicken salad with curry and celery
Roast beef with sour cream n onion and pickled red onions
Veggie: Frittata with brie, spinach and cranberries
Vegan: Stuffed beefsteak tomato with tofu, quinoa, cranberries and spinach
Cake: Chocolate brownie with hazelnuts

Friday

 Pork chili with beans and chocolate
Guacamole, tomato salsa and nachos
Rice and beans
Gem lettuce with ranch dressing, avocado and mango
Sandwich spread: Provencal paté with gherkins
Smoked ham with russian salad
Veggie/Vegan: Multi bean chili with corn and chocolate

Allergen information is available on our website or by telephone enquiry