



# Menu

Vikan 1.- 5.Dec 2025

<i>Monday</i>	<p><b><i>Vegan course:</i></b> Chana masala with rice and tzatziki sauce (M) (V) (G)</p> <p><b><i>Meat/fish of the day:</i></b> Red thai chicken curry with rice and a mango salad (G) (M)</p> <p><b><i>Soup of the day:</i></b> Cauliflower and lovage soup (G)</p> <p><i>Fresh and healthy salad bar – poppu seed bread, fresh out of the oven</i></p>
<i>Tuesday</i>	<p><b><i>Vegan course:</i></b> Spaghetti with oumph meatballs and spicy arrabbiata sauce (M) (V)</p> <p><b><i>Meat/fish of the day:</i></b> Creamy pumpkin and chorizo chicken pasta</p> <p><b><i>Soup of the day:</i></b> Spicy Broccoli soup (M) (V) (G)</p> <p><i>Fresh and healthy salad bar- Jalepeno cheddar bread, fresh out of the oven</i></p>
<i>Wednesday</i>	<p><b><i>Vegan course:</i></b> Pumpkin and lentil bake, roasted brussel sprouts, cranberry jam (M) (V)</p> <p><b><i>Meat/fish of the day:</i></b> Glazed pork loin, sugary potatos, sour red cabbage, stock sauce (G)</p> <p><b><i>Soup of the day:</i></b> Asparagus soup and Pineapple fromage</p> <p><i>Fresh and healthy salad bar – Sourdoughbread, fresh out of the oven</i></p>
<i>Thursday</i>	<p><b><i>Vegan course:</i></b> Chickpea curry with dates and rice (M) (V) (G)</p> <p><b><i>Meat/fish of the day:</i></b> Cod and lemon, potato mash with pikled mustard seeds, dill and white wine sauce (G)</p> <p><b><i>Soup of the day:</i></b> Icelandic meat soup (M) (G)</p> <p><i>Fresh and healthy salad bar – Cumin bread, fresh out of the oven</i></p>
<i>Friday</i>	<p><b><i>Vegan course:</i></b> Roasted and spiced cauliflower, chick peas, quinoa, tahini dressing (M) (V)</p> <p><b><i>Meat/fish of the day:</i></b> Fish cakes, roasted potatos and carrots, yellow curry sauce</p> <p><b><i>Soup of the day:</i></b> Pumpkin and coconut soup (M) (V) (G)</p> <p><i>Fresh and healthy salad bar – Fivegrain bread, fresh out of the oven</i></p>

Mjólkurlaus = (M) Vegan= (V) Gluten free = (G)