



# Menu

Week 19. – 23. Jan 2026

<i>Monday</i>	<p><b>Vegan course:</b> sweet potato steak, Rice, Banana cream ③ ④ ⑤</p> <p><b>Meat/fish of the day:</b> Beef gullash, rice, sour cream</p> <p><b>Soup of the day:</b> Pumpkin soup ③</p> <p><i>Fresh and healthy saladbar – 3 cornbread fresh out of the oven</i></p>
<i>Tuesday</i>	<p><b>Vegan course:</b> Grilled tofú, edamame bean mix, Coriander-lime sauce ③ ④ ⑤</p> <p><b>Meat/fish of the day:</b> Ling with mango chili glaze, sweet potatoes, lemon dressing ③ ④</p> <p><b>Soup of the day:</b> Tomato and basil soup ③</p> <p><i>Fresh and healthy saladbar – bread fresh out of the oven</i></p>
<i>Wednesday</i>	<p><b>Vegan course:</b> Quinoa and kale pattie, root vegetables, smoked paprika dressing ④ ⑤</p> <p><b>Meat/fish of the day:</b> Chicken breast, root vegetables, cajun corn, bechamel</p> <p><b>Soup of the day:</b> Cauliflower soup ③ ④ ⑤</p> <p><i>Fresh and healthy saladbar – Sunflower seed bread, fresh out of the oven</i></p>
<i>Thursday</i>	<p><b>Vegan course:</b> Fried rice with oumph ③ ④ ⑤</p> <p><b>Meat/fish of the day:</b> Cod, white beans, marinara sauce. ③ ④</p> <p><b>Soup of the day:</b> italian vegetable soup with pasta ④</p> <p><i>Fresh and healthy saladbar – fiveseedbread, fresh out of the oven</i></p>
<i>Friday</i>	<p><b>Vegan course:</b> Cauliflower wings, potato wedges. Vegan ranch sauce and chili sauces ④ ⑤</p> <p><b>Meat/fish of the day:</b> Chicken wings, fries, buffalo sauce, cocktail sauce ③</p> <p><b>Soup of the day:</b> Meat soup ④ ③</p> <p><i>Fresh and healthy saladbar – rosemarin bread, fresh out of the oven</i></p>

Mjólkurlaus = ④ Vegan = ⑤ Gluten free = ③