

Tønsberg English menu standard - & easily digestible diet week 1, 2, 3 - Matforsyning felles

Gjelder for: Servicedivisjon/Forsyningsavdeling/Forsyningsavdeling - felles

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Standard- and easily digestible diet **MENU 1** (Week no. 2024: 14, 17, 20, 23, 26, 29, 32, 35, 38, 41, 44, 47, 50)

MONDAY	Meat cakes (contains: milk), brown gravy (contains: soya, milk), stewed cabbage , (contains: soya, milk), potatoes ★★ Cod (contains: fish), white sauce (contains: fish, soya, milk), carrots, potatoes ★ P 🌸
TUESDAY	Chicken fricassee (contains: soya, milk), root vegetables (contains: celeriac), potatoes ★★ 🌸 Pollock w/ cheese sauce (contains: fish, soya, milk, celeriac), root vegetables (contains: celeriac), potatoes ★★ P
WEDNESDAY	Oriental casserole w/ pork, mixed vegetables, rice ★★ P Fishballs (contains: fish, milk), white sauce (contains: fish, soya, milk), mixed vegetables, potatoes ★ 🌸
THURSDAY	Brown stew w/ beef (contains: celeriac) ★★ 🌸 Catfish cakes (contains: fish, milk), stewed carrots (contains: soya, milk), white sauce w/ chives (contains: fish, soya, milk), potatoes ★★ P
FRIDAY	Meatloaf, cream gravy (contains: soya, milk), stewed peas (contains: milk), potatoes ★★ Fish gratin (contains: egg, fish, soya, milk), white sauce w/ chives (contains: fish, soya, milk), carrots, potatoes ★★ P 🌸
SATURDAY	Rice porridge (contains: milk) ★ 🌸 Lasagne (contains: wheat, milk, celeriac, soya), SiV-dressing (contains: egg, milk, mustard), salad ★★ P

SUNDAY	Smoked pork loin, brown gravy (<i>contains: soya, milk</i>), cauliflower, potatoes ★ Steamed salmon (<i>contains: fish</i>), dill- and lemon sauce, cucumber salad, potatoes ★★ ★ P 🌸
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Allergens in parenthesis and italics

Changes may occur

🌸: Easily digestible

Dinner offer containing the highest amount of protein is labelled with "P"

Dinner offer in green letters is vegetarian

Energy: Number of ★ depicts the energy level in one dinner portion. Please refer to the Norwegian menu for full disclosure of nutritional content.

Standard- and easily digestible diet MENU 2 (Week no. 2024: 12, 15, 18, 21, 24, 27, 30, 33, 36, 39, 42, 45, 48, 51)

MONDAY	Pasta (<i>contains: wheat</i>), pasta sauce (<i>contains: soya, celeriac</i>), salad ★ Smoked cod (<i>contains: fish</i>), stewed carrots (<i>contains: soya, milk</i>), potatoes ★ P
TUESDAY	Stew w/ salted pork (<i>contains: celeriac</i>) ★★ ★ Pollock, onions and tomato sauce (<i>contains: fish, milk</i>), carrots, potatoes ★★ P
WEDNESDAY	Beef casserole w/ beans (<i>contains: soya, milk</i>), mixed vegetables, potatoes ★ P Fish pudding (<i>contains: fish, milk</i>), white sauce (<i>contains: fish, soya, milk</i>), mixed vegetables, potatoes ★
THURSDAY	Turkey meatballs (<i>contains: milk</i>), curry sauce, root vegetables (<i>contains: celeriac</i>), mashed potatoes (<i>contains: soya, milk</i>) ★★ ★ Fish gratin (<i>contains: egg, fish, soya, milk</i>), white sauce w/ chives (<i>contains: fish, soya, milk</i>), root vegetables (<i>contains: celeriac</i>), potatoes ★★ ★ P
FRIDAY	Chili sin carne (<i>contains: soya</i>), rice, salad, SiV-dressing (<i>contains: egg, milk, mustard</i>) ★★ ★ Steamed salmon (<i>contains: fish</i>), dill- and lemon sauce, carrots, potatoes ★★ P
SATURDAY	Rice porridge (<i>contains: milk</i>) ★ Sweet & sour casserole w/ chicken, rice, salad ★★ P
SUNDAY	Pork roast, brown gravy (<i>contains: soya, milk</i>), sauerkraut, potatoes ★★ Cod (<i>contains: fish</i>), white sauce (<i>contains: fish, soya, milk</i>), cauliflower mix, potatoes ★★ P

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Standard- and easily digestible diet MENU 3 (Week no. 2024: 13, 16, 19, 22, 25, 28, 31, 34, 37, 40, 43, 46, 49, 52)

MONDAY	Ham and broccoli gratin (<i>contains: egg, soya, milk</i>), salad, SiV-dressing (<i>contains: egg, milk, mustard</i>), potatoes ★★☆☆ P 🌸 Fish cakes (<i>contains: fish, milk</i>), stewed carrots (<i>contains: soya, milk</i>), white sauce w/ chives (<i>contains: fish, soya, milk</i>), potatoes ★★☆☆ 🌸
TUESDAY	Sausages, brown gravy (<i>contains: soya, milk</i>), root vegetables (<i>contains: celeriac</i>), mashed potatoes (<i>contains: soya, milk</i>), ★★☆☆ P Fish pudding (<i>contains: fish, milk</i>), white sauce (<i>contains: fish, soya, milk</i>), root vegetables (<i>contains: celeriac</i>), potatoes ★ 🌸
WEDNESDAY	Turkey meatballs (<i>contains: milk</i>), cream gravy (<i>contains: soya, milk</i>), broccoli mix, potatoes ★★☆☆ 🌸 Cod (<i>contains: fish</i>), white sauce with chives (<i>contains: fish, soya, milk</i>), broccoli mix, potatoes ★★☆☆ P
THURSDAY	Stew w/ salted lamb (<i>contains: soya, celeriac</i>) ★★☆☆ Pollock in creamy sauce (<i>contains: egg, fish, milk, mustard</i>), carrots, potatoes ★★☆☆ P 🌸
FRIDAY	Beef patties (<i>contains: milk</i>), brown gravy (<i>contains: soya, milk</i>), root vegetables (<i>contains: celeriac</i>), potatoes ★★☆☆ 🌸 Fish w/ pasta and basil (<i>contains: fish, milk, soya</i>), salad, SiV-dressing (<i>contains: egg, milk, mustard</i>) ★★☆☆ P
SATURDAY	Rice porridge (<i>contains: milk</i>) ★ 🌸 Tikka masala chicken casserole (<i>contains: milk</i>), salad, rice ★★☆☆ P
SUNDAY	Beef Stroganoff (<i>contains: soya, milk</i>), salad, potatoes ★★☆☆ Salmon in mustard sauce (<i>contains: fish, milk, mustard, sulphite</i>), carrots, potatoes ★★☆☆ P 🌸

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