

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

Gjelder for: Servicedivisjon/Forsyningsavdeling/Forsyningsavdeling - felles
 Dokumenttype: Avdelingens dokumentasjon
 Sist endret: 11.03.2024

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 🌸 Apricot compote (contains: sulphurdioxide, sulphite), milk ★
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 Jelly w/ raspberry flavor, custard (contains: milk) ★
WEDNESDAY	Oriental casserole w/ pork, mixed vegetables, rice ★★ P Fishballs (contains: fish, milk), white sauce (contains: fish, soya, milk), mixed vegetables, potatoes ★🌸 Fruit cocktail, whipped cream (contains: milk) ★
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 Panna Cotta (contains: milk), red fruit sauce ★★★★★
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 🌸 Apple compote, milk ★
SATURDAY	Rice porridge (contains: milk) ★🌸 Lasagne (contains: wheat, milk, celeriac, soya), SiV-dressing (contains: egg, milk, mustard), salad ★★★★★ P Cake (contains: wheat, egg, soya, milk) ★★★★★

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 🌸
	Rhubarb compote, vanilla custard (<i>contains: milk</i>) ★★ ★

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 Chocolate pudding (<i>contains: milk</i>), custard (<i>contains: milk</i>) ★ ★
TUESDAY	Stew w/ salted pork (<i>contains: celeriac</i>) ★ ★ ★ Pollock, onions and tomato sauce (<i>contains: fish, milk</i>), carrots, potatoes ★ ★ P Apricot compote (<i>contains: sulphur dioxide, sulphite</i>), milk ★
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 ★ ★ Almond flavor pudding (<i>contains: milk</i>), red fruit sauce ★ ★
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 ★ Rhubarb compote, milk ★
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 ★ Fruit compote (<i>contains: sulphur dioxide, sulphite</i>), milk ★
SATURDAY	Rice porridge (<i>contains: milk</i>) ★ ★ Sweet & sour casserole w/ chicken, rice, salad ★ ★ P ★ Cake (<i>contains: wheat, egg, soya, milk</i>) ★ ★ ★ ★
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 ★ Crème caramel of the House (<i>contains: milk</i>), caramel sauce, whipped cream (<i>contains: milk</i>) ★ ★ ★ ★

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 3 (Week no. 2024: 13, 16, 19, 22, 25, 28, 31, 34, 37, 40, 43, 46, 49, 52)

MONDAY	<p>Ham & broccoli gratin (<i>contains: egg, soya, milk</i>), salad, SiV-dressing (<i>contains: egg, milk, mustard</i>), potatoes </p> <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 </p> <p>Orange flavor jelly, custard (<i>contains: milk</i>) </p>
TUESDAY	<p>Sausages, brown gravy (<i>contains: soya, milk</i>), root vegetables (<i>contains: celeriac</i>), mashed potatoes (<i>contains: soya, milk</i>), </p> <p>Fish pudding (<i>contains: fish, milk</i>), white sauce (<i>contains: fish, soya, milk</i>), root vegetables (<i>contains: celeriac</i>), potatoes </p> <p>Fruit compote (<i>contains: sulphur dioxide, sulphite</i>), milk </p>
WEDNESDAY	<p>Turkey meatballs (<i>contains: milk</i>), cream gravy (<i>contains: soya, milk</i>), broccoli mix, potatoes </p> <p>Cod (<i>contains: fish</i>), white sauce with chives (<i>contains: fish, soya, milk</i>), broccoli mix, potatoes </p> <p>Crème caramel of the House (<i>contains: milk</i>), caramel sauce, whipped cream (<i>contains: milk</i>) </p>
THURSDAY	<p>Stew w/ salted lamb (<i>contains: soya, celeriac</i>) </p> <p>Pollock in creamy sauce (<i>contains: egg, fish, milk, mustard</i>), carrots, potatoes </p> <p>Apple compote, milk </p>
FRIDAY	<p>Beef patties (<i>contains: milk</i>), brown gravy (<i>contains: soya, milk</i>), root vegetables (<i>contains: celeriac</i>), potatoes </p> <p>Fish w/ pasta & basil (<i>contains: fish, milk, soya</i>), salad, SiV-dressing (<i>contains: egg, milk, mustard</i>) </p> <p>Fruit cocktail, whipped cream (<i>contains: milk</i>) </p>
SATURDAY	<p>Rice porridge (<i>contains: milk</i>) </p> <p>Tikka masala chicken casserole (<i>contains: milk</i>), salad, rice </p> <p>Cake (<i>contains: wheat, egg, soya, milk</i>) </p>
SUNDAY	<p>Beef Stroganoff (<i>contains: soya, milk</i>), salad, potatoes </p> <p>Salmon in mustard sauce (<i>contains: fish, milk, mustard, sulphite</i>), carrots, potatoes </p> <p>Chocolate pudding (<i>contains: milk</i>), custard (<i>contains: milk</i>) </p>

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.