

Supplementary Table 1. Dishes in the four-week baseline and new menu plans, respectively. The second dish at baseline is always vegetarian while in the new menu the first dish is. The meals are served with a salad buffet, bread and butter or margarine.

	Baseline	New
Week 1		
Mon	Smoked pork with Greek tomato sauce and grated cheese, bulgur Broccoli gratin, bulgur	Broccoli gratin, bulgur Bulgur with smoked pork sauce
Tue	Chicken with green pepper and tarragon sauce, rice Quorn fillet with green pepper and tarragon sauce, rice	Quorn fillet with tarragon and pepper sauce, pommes chateau Chicken fillet with tarragon and pepper sauce, pommes chateau
Wed	Breaded fish patties with remoulade sauce, boiled potato Vegetable patty, cold sauce, boiled potato	Vegetable patty, cold sauce, boiled potatoes Breaded fish patties with herb sauce, boiled potatoes
Thu	Creamy potato soup, bread, cold cuts, fruit Carrot soup, bread, cold cuts, fruit	Carrot soup, bread with carrot pesto, fruit Potato and leek soup, bread with cheese, fruit
Fri	Beef lasagne Vegetarian lasagne	Vegetarian moussaka Middle Eastern stew with garlic yogurt, bulgur
Week 2		
Mon	Hen stew with curry sauce, rice Ratatouille, bulgur	Chickpea ratatouille, bulgur Hen with curry sauce, boiled potatoes
Tue	Pasta gratin with feta cheese and spinach Root vegetable hash with basil sauce	Colorful pasta wok with chili yogurt Mediterranean pasta with pea pesto
Wed	Oven baked fish with gremolata, boiled potatoes Thai chickpea stew with red curry, potatoes	Thai chickpea stew, rice Oven baked fish with gremolata, boiled potatoes
Thu	Baked sausage, potato Vegetarian burritos	Root vegetable patties with bulgur salad and cottage cheese Root vegetable stew with sausage, boiled potatoes
Fri	Middle Eastern meat stew, yogurt, bulgur Vegetarian moussaka	Red lasagne with thyme and cottage cheese Lasagne
Week 4		
Mon	Pasta Carbonara Pasta with spinach and garlic sauce	Pasta with spinach and garlic sauce Pasta Carbonara
Tue	Coconut chicken with sweet chili sauce, yogurt, rice Noodle stir-fry with soy strips and sweet chili sauce	Noodle wok with soy strips and sweet chili sauce Coconut chicken with sweet chili sauce, rice
Wed	Boiled fish with parsley sauce, boiled potato Couscous hash, garlic sauce	Couscous hash, red beans Poached fish with parsley sauce, broccoli, lemon hummus, potato
Thu	Carrot soup with lentils, bread, cold cuts, fruit Vegetarian goulash soup, bread, cold cuts, fruit	Orange and carrot soup, bread, cold cuts and fruit Vegetarian goulash soup, bread, cold cuts, fruit
Fri	Meatloaf with sauce, boiled potatoes Chickpea patties with oven baked vegetables, potatoes	Chickpea patties with roasted root vegetables and lentil cream Beef and bean casserole with cream sauce, boiled potatoes
Week 4		
Mon	Mediterranean gratin with pasta Pasta with broccoli, spinach and cheese sauce	Root vegetable hash with curry sauce Pasta gratin with feta cheese and spinach
Tue	Chicken nuggets with sweet and sour sauce, rice Mung bean nuggets, with sweet and sour sauce, rice	Burritos with vegetable pinto Chicken nuggets with sweet and sour sauce, whole wheat
Wed	Fish patties with cold sauce, boiled potatoes Carrot patties, cold sauce, boiled potatoes	Carrot patty, cold sauce, oven roasted potatoes Fish patties with chili, with cold sauce, green peas, boiled potatoes
Thu	Pork gratin, wheatberries Vegetarian pasta gratin	Vegetarian pasta gratin Potato gratin with ham and pickled carrots
Fri	Indian meat stew, rice Indian lentil dhal	Indian lentil dhal, fresh bread and fruit Mungbean nuggets, with sweet and sour sauce, wheatberries

