

## WEEK 43

### MONDAY 19<sup>th</sup>

Må vi høre din mening om dagens frokost?



Scan QR-koden med kameraet på din telefon

#### TODAYS WARM DISH

Gullasch with tender beef and potatoes in paprika and tomato, served with sour cream and lots of parsley(7)

#### TODAYS VEGETARIAN DISH

Gullasch with white beans and potatoes in paprika and tomato, served with sour cream and lots of parsley(7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### WITH

White cabbage with grilled bell peppers and black pepper

#### TODAYS SALAD

Smoked salmon  
Light root vegetables with lemon and lovage  
Kale with pickled onions  
Dijon dressing(7)

#### TODAYS VEGETARIAN SALAD

Organic eggs  
Light root vegetables with lemon and lovage  
Kale with pickled onions  
Dijon dressing(7)

#### THIS WEEKS SIDE-SNACK/SPREAD

The salads are served with a small side-snack/spread which is changing everyday

#### TODAYS SANDWICH

Pan fried chicken with pesto, tomatoes and red onions(7)

#### TODAYS VEGETARIAN

Sliced avocados with vegan mayo and chili flakes

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WITH

White cabbage with grilled bell peppers and black pepper

#### WEEKLY OPEN SANDWICHES

Smoked cod rillettes with lots of dill and crisp cauliflower(7)  
-  
Roastbeef with pickles and horse radish

#### VEGAN OPEN SANDWICHES

Roasted artichokes salad with vegan mayo, mild garlic and smoked almonds(8)  
-  
Lenthal paté with raw and pickled onions

#### WITH

White cabbage with grilled bell peppers and black pepper

Subject to change.

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## WEEK 43

### TUESDAY 20<sup>th</sup>

Må vi høre din mening om dagens frokost?



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#### TODAYS WARM DISH

Duck leg confit with roast potatoes, gravy and spiced red cabbage chutney(1, 7)

#### TODAYS VEGETARIAN DISH

Omelette with broccoli, kale and leeks(7)

#### TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

#### WITH

Crisp green salad with haricot verts

#### TODAYS SALAD

Veal roast  
Black quinoa with pumpkin seeds in paprika  
Grilled and pickled cabbage  
Butternut-crème(7)

#### TODAYS VEGETARIAN SALAD

Organic cottage cheese  
Black quinoa with pumpkin seeds in paprika  
Grilled and pickled cabbage  
Butternut-crème(7)

#### THIS WEEKS SIDE-SNACK/SPREAD

The salads are served with a small side-snack/spread which is changing everyday

#### TODAYS SANDWICH

Tuna salad with paprika, corn and Tabasco(7)

#### TODAYS VEGETARIAN

Whole roasted celeriac with smoke, cream cheese and lots of herbs(7)

#### TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WITH

Crisp green salad with haricot verts

#### WEEKLY OPEN SANDWICHES

Smoked cod rillettes with lots of dill and crisp cauliflower(7)

-

Roastbeef with pickles and horse radish

#### VEGAN OPEN SANDWICHES

Roasted artichokes salad with vegan mayo, mild garlic and smoked almonds(8)

-

Lenthal paté with raw and pickled onions

#### WITH

Crisp green salad with haricot verts

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1. Gluten



2. Krebssdyr



7. Melk



8. Nødder

## WEEK 43

WEDNESDAY 21<sup>st</sup>TODAYS WARM DISH

Veal and pork meatballs in curry sauce with steamed pearl barley and apple chutney(1,7)

TODAYS VEGETARIAN DISH

Sweet potatoes and cavolo nero with steamed pearl barley and apple chutney(1,7)

TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Todays warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

WITH

Variety of red cabbage with apple cider vinegar

TODAYS SALAD

Fillet of pork  
Pearl couscous with lemon pickled cucumber  
Whole roasted cauliflower with Harissa  
Yoghurtdressing(1, 7)

TODAYS VEGETARIAN SALAD

Grilled cheese  
Pearl couscous with lemon pickled cucumber  
Whole roasted cauliflower with Harissa  
Yoghurtdressing(1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

The salads are served with a small side-snack/spread which is changing everyday

TODAYS SHOT

Ginger, apple, lemon

TODAYS SANDWICH

Beef salami with remoulade sauce and fried onions(1)

TODAYS VEGETARIAN

Egg salad with cottage cheese and black pepper (7)

TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WITH

Variety of red cabbage with apple cider vinegar

WEEKLY OPEN SANDWICHES

Smoked cod rillettes with lots of dill and crisp cauliflower(7)  
-  
Roastbeef with pickles and horse radish

VEGAN OPEN SANDWICHES

Roasted artichokes salad with vegan mayo, mild garlic and smoked almonds(8)  
-  
Lenthal paté with raw and pickled onions

WITH

Variety of red cabbage with apple cider vinegar

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## WEEK 43

THURSDAY 22<sup>nd</sup>

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TODAYS WARM DISH

Fish cakes with grilled broccoli, lemon and remoulade sauce(1, 7)

TODAYS VEGETARIAN DISH

Veggie patties with grilled broccoli, lemon and remoulade sauce(1, 7)

TODAYS VEGAN DISHToday's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based productsTODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTSToday's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternativesWITH

Potato salad with kale, mild onions and Nordic vinaigrette

TODAYS SALADFried chicken breast  
Risoni with lots of herbs  
Variety of tomatoes with rocket salad  
Basil dressing(1, 7)TODAYS VEGETARIAN SALADMozzarella  
Risoni with lots of herbs  
Variety of tomatoes with rocket salad  
Basil dressing(1, 7)THIS WEEKS SIDE-SNACK/SPREAD

The salads are served with a small side-snack/spread which is changing everyday

TODAYS CAKE

Plum trifle with almond meringues and custard(1, 7, 8)

TODAYS SANDWICH

Veal roast with mustard dressing, pickled onions and crisp cabbage(7)

TODAYS VEGETARIAN

Morbier with pear chutney, endive salad and roasted hazelnuts(7, 8)

TODAYS VEGAN SANDWICHToday's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based productsTODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTSToday's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bunWITH

Potato salad with kale, mild onions and Nordic vinaigrette

WEEKLY OPEN SANDWICHES

Smoked cod rillettes with lots of dill and crisp cauliflower(7)

-

Roastbeef with pickles and horse radish

VEGAN OPEN SANDWICHES

Roasted artichokes salad with vegan mayo, mild garlic and smoked almonds(8)

-

Lenthal paté with raw and pickled onions

WITH

Potato salad with kale, mild onions and Nordic vinaigrette

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## WEEK 43

FRIDAY 23<sup>rd</sup>TODAYS WARM DISH

Chicken Tikka Masala with roasted cauliflower and basmati rice(7)

TODAYS VEGETARIAN DISH

Veggie Tikka Masala with a variety of lenthals, roasted cauliflower and basmati rice(7)

TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Todays warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

WITH

Chick pea salad with red onions and tomatoes in a spicy dressing

TODAYS SALAD

Small beef meatballs with spring onions  
Glass noodles with sweet chili  
Bok choy, cauliflower and cucumber  
Lime dressing(1)(7)

TODAYS VEGETARIAN SALAD

Fried tempeh with spring onions  
Glass noodles with sweet chili  
Bok choy, cauliflower and cucumber  
Lime dressing(1)(7)

THIS WEEKS SIDE-SNACK/SPREAD

The salads are served with a small side-snack/spread which is changing everyday

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TODAYS SANDWICH

Ham salad with chives, gherkins and skyr(7)

TODAYS VEGETARIAN

Friad and raw courgettes with green olives tapenade and Parmesan(7)

TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WITH

Chick pea salad with red onions and tomatoes in a spicy dressing

WEEKLY OPEN SANDWICHES

Smoked cod rillettes with lots of dill and crisp cauliflower(7)

-

Roastbeef with pickles and horse radish

VEGAN OPEN SANDWICHES

Roasted artichokes salad with vegan mayo, mild garlic and smoked almonds(8)

-

Lenthal paté with raw and pickled onions

WITH

Chick pea salad with red onions and tomatoes in a spicy dressing

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MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET



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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder