

WEEK 43

MONDAY 19th

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.

Meyers signs only with allergens shown on the **4 icons**: Pay attention to the number assigned to each allergen icon and look for it in the menu text. The food may contain allergens other than the 4 icons. For more information about further allergens, please contact **Meyers Lunch Kitchen** on **39 18 69 00**



1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

WEEK 43

TUESDAY 20th

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 21st**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 22nd

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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 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

Potato salad with kale, mild onions and Nordic vinaigrette

TODAYS SALAD

Fried chicken breast
Risoni with lots of herbs
Variety of tomatoes with rocket salad
Basil dressing(1, 7)

TODAYS VEGETARIAN SALAD

Mozzarella
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 walnuts(7, 8)

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

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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1. Gluten



2. Krebssdyr



7. Melk



8. Nødder

WEEK 43

FRIDAY 23rdTODAYS 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