



## WEEK 3

MONDAY JANUARY 18<sup>TH</sup>

### TODAYS FAVOURITE DISH

Chicken thighs fried with herbs, garlic and lemon

Fried small potatoes with green herbs

Cucumber relish

### TODAYS GREENS SIDE

Grilled carrots, quinoa and baby spinach and sheep fetta (7)

Crispy green lettuce and green pea spread

### TODAYS DELICACIES

Salami Napoli with tapenade, rocket and basil (1, 7)

Beetroot-tartare with mustard, cress and onion

### TODAYS SPECIEL DISH

Gnocchi with kale, Jerusalem artichoke, lingonberry and crispy kernels

### BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

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 3

TUESDAY JANUARY 19<sup>th</sup>

### TODAYS FAVOURITE DISH

Tender slow cooked pork in a tomato sauce with olives

Fried butternut squash with onion and thyme

Gremoulata

### TODAYS GREENS SIDE

Baked and raw beetroot with wheat kernels, mint and orange (1)

Green and crispy leaves with kohlrabi and vinaigrette

### TODAYS DELICACIES

Roastbeef with pickles, shredded horse radish and pickled cucumber

Skordalia with baked cod, almonds and olive oil (8)

### TODAYS SPECIEL DISH

Moussaka with eggplant, potatoes and crispy topping (1, 7)

### BREAD

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## WEEK 3

WEDNESDAY JANUARY 20<sup>th</sup>

### TODAYS FAVOURITE DISH

Beef baked with rosemary, thyme, oil and spices (1, 7)

Baked parsley roots with garlic, thyme, cardamum and sherry vinegar

Skyr with garlic, lemon and parsley (7)

### TODAYS GREENS SIDE

Chickpeas, baked eggplant, tahin dressing and roasted cashews (7, 8)

Spinach salad with green beans, broccoli and spring onion

### TODAYS DELICACIES

Chicken salad with mushrooms, spring onion and tarragon (7)

Tomato hummus with parsley

### TODAYS SPECIEL DISH

Baked zucchini Melanzana style with crispy topping (1, 7)

### BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

### TODAYS SHOT

Pineapple, turmeric and ginger

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Må vi høre din mening om dagens frokost?



Scan QR-koden med kameraet på din telefon

## WEEK 48

THURSDAY JANUARY 21<sup>st</sup>

### TODAYS FAVOURITE DISH

Pie with serrano ham, eggplant, chards and ricotta (1, 7)

Parsley salsa with garlic and lemon

### TODAYS GREENS SIDE

Grilled pumpkin on sesame hummus with crispy leaves and herb topping

Crudit  of cauliflower and carrot with lemon, parsley and spinach

### TODAYS DELICACIES

Prawn salad with lemon, dill and organic skyr (7, 2)

Potatoes with mild onion and tomato mayonnaise

### TODAYS SPECIEL DISH

Pie with potatoes, eggplant, chards and ricotta (1, 7)

### BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

### TODAYS CAKE

Brownie with salted caramel (1, 7, 8)

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## WEEK 3

FRIDAY JANUARY 22<sup>nd</sup>

### TODAYS FAVOURITE DISH

Veal breast cooked Indian with lentils, chickpeas, potatoes, tomato and coconut

Steamed basmati rice with cardamum

Apple chutney with raisins

### TODAYS GREENS SIDE

Salad of celery, several kinds of peas, cucumber and mint

Crispy cabbage, fennel and mango with coriander

### TODAYS DELICACIES

Smoked common ling with red mojo, crispy cabbage and dill

Egg, tomato and mayonnaise with chives

### TODAYS SPECIEL DISH

Indian Mulligatawny with lentils, chickpeas, potatoes, tomato and coconut

### BREAD

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