

WEEK 3

MONDAY 18th

TODAYS WARM DISH

Paella with tender turkey, chorizo, saffron and red bell pepper

TODAYS VEGETARIAN DISH

Kornotto with Jerusalem artichoke, mascarpone, parmesan and sage (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

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

TODAYS SALAD

Carrots baked with apple cider and cumin, crispy kale with pomegranate seeds, lightly salted duck, and toasted pine nuts (7)

TODAYS VEGETARIAN SALAD

Carrots baked with apple cider and cumin, crispy kale with pomegranate seeds, sheep fetta and toasted pine nuts (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Cured ham with herb pesto and sundried tomato (7)

TODAYS VEGETARIAN

Grilled bell peppers with Mojo, mild onions and toasted almonds (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

WEEKLY OPEN SANDWICHES

Egg salad with curry, cornichons and cress (7)

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Beef salami with remoulade, crispy onions and cress (1)

VEGETARIAN OPEN SANDWICHES

Salad of baked pumpkin with mild garlic, lemon and walnuts (7, 8)

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Vegan "meatballs" with mayo and red cabbage in cherry vinaigrette

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Coloured roots with herb dressing and parsley

Subject to change.

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WEEK 3

TUESDAY 19th

TODAYS WARM DISH

Meyers roasted lovage sausage with mustard stewed potatoes and green cabbage in apple cider (1, 7)

TODAYS VEGETARIAN DISH

Fried carrots with mustard stewed potatoes and green cabbage in apple cider (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

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

TODAYS SALAD

Baked and raw beetroot with mint and orange
Rye kernels
Lightly smoked pork
Yoghurt dressing (1, 7)

TODAYS VEGETARIAN SALAD

Baked and raw beetroot with mint and orange
Rye kernels
Chickpeas
Yoghurt dressing (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Chicken salad with roasted bacon, mushrooms and herbs (7)

TODAYS VEGETARIAN

Egg and tomato with mayonnaise and chives

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

WEEKLY OPEN SANDWICHES

Egg salad with curry, cornichons and cress (7)

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Beef salami with remoulade, crispy onions and cress (1)

VEGETARIAN OPEN SANDWICHES

Salad of baked pumpkin with mild garlic, lemon and walnuts (7, 8)

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Vegan "meatballs" with mayo and red cabbage in cherry vinaigrette

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fresh shredded celeriac with horse radish

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WEEK 3

WEDNESDAY 20th

TODAYS WARM DISH

Moroccan inspired chicken ragout with turmeric and dates

TODAYS VEGETARIAN DISH

Sweet potato in a spiced sauce with coconut, cardamum and ginger

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

TODAYS SALAD

Green beans and crispy lettuce
Fried potatoes with tomato vinaigrette
Prawns (2)

TODAYS VEGETARIAN SALAD

Green beans and crispy lettuce
Fried potatoes with tomato vinaigrette
Cottage cheese (7)

TODAYS SHOT:

Pineapple, turmeric and ginger

TODAYS SANDWICH

Hard cheese and smoked ham with mustard dressing, bell pepper relish and crispy lettuce (7)

TODAYS VEGETARIAN

Mozzarella with pesto and tomato (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

WEEKLY OPEN SANDWICHES

Egg salad with curry, cornichons and cress (7)

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Beef salami with remoulade, crispy onions and cress (1)

VEGETARIAN OPEN SANDWICHES

Salad of baked pumpkin with mild garlic, lemon and walnuts (7, 8)

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Vegan "meatballs" with mayo and red cabbage in cherry vinaigrette

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Couscous salad with parsley, tomato and red onion (1)

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WEEK 3

THURSDAY 21st

TODAYS WARM DISH

Beef ragout with tomato, thyme and red wine.
Served with creamy polenta and gremoulata (7)

TODAYS VEGETARIAN DISH

Mushroom ragout with tomato, thyme and red wine.
Served with creamy polenta and gremoulata (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

TODAYS SALAD

Whole grain bulgur with parsley and mint
Fresh tomato, cucumber and red onion
Fried turkey breast
Skyr with fetta and olives (1, 7)

TODAYS VEGETARIAN SALAD

Whole grain bulgur with parsley and mint
Fresh tomato, cucumber and red onion
Large white beans
Skyr with fetta and olives (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAY'S CAKE:

Brownie with salted caramel (1, 7, 8)

TODAYS SANDWICH

Pepper pastrami with horseradish dressing and
gherkins (7)

TODAYS VEGETARIAN

Roasted artichokes with parmesan and bean spread
(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

WEEKLY OPEN SANDWICHES

Egg salad with curry, cornichons and cress (7)

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Beef salami with remoulade, crispy onions and
cress (1)

VEGETARIAN OPEN SANDWICHES

Salad of baked pumpkin with mild garlic, lemon
and walnuts (7, 8)

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Vegan "meatballs" with mayo and red cabbage in
cherry vinaigrette

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Rocket with spinach and cabbage

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WEEK 3

FRIDAY 22nd

TODAYS WARM DISH

Gyros of slow cooked pork in thin slices, fried with oregano and apple juice. Served with fried vegetables, flat bread and tzatziki (1, 7)

TODAYS VEGETARIAN DISH

Fried halloumi and egg plant with oregano. Served with fried vegetables, flat bread and tzatziki (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

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

TODAYS SALAD

White quinoa with tomato and coriander
Crispy cabbage
Slow cooked beef with chili
Bean spread with lemon

TODAYS VEGETARIAN SALAD

White quinoa with tomato and coriander
Crispy cabbage
Fried cheese with chili marinade
Bean spread with lemon (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Salmon rillette with crispy vegetables, skyr and dill (7)

TODAYS VEGETARIAN

Fried beetroot with feta crème and lightly pickled beetroot (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

WEEKLY OPEN SANDWICHES

Egg salad with curry, cornichons and cress (7)

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Beef salami with remoulade, crispy onions and cress (1)

VEGETARIAN OPEN SANDWICHES

Salad of baked pumpkin with mild garlic, lemon and walnuts (7, 8)

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Vegan "meatballs" with mayo and red cabbage in cherry vinaigrette

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy lettuce with cucumber and red onion

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