



## WEEK 25 MONDAY 21<sup>th</sup> JUNE

### TODAYS WARM DISH

Chicken thighs fried with cayenne and paprika. Served with cajun rice and salsa of tomatoes, spring onions and pickled chili

### TODAYS VEGETARIAN DISH

Vegetarian paella with tomato, saffron and lots of vegetables and salsa of tomatoes, spring onions and pickled chili

### 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

Beans and baked tomato  
Fried potatoes with red onion and mustard dressing  
Tuna, capers and herbs

### TODAYS VEGETARIAN SALAD

Beans and baked tomato  
Fried potatoes with red onion and mustard dressing  
Eggs, capers and herbs

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Fennel salami with sweet and sour chutney of tomato and onion, caper mayonnaise and salted cucumber

### TODAYS VEGETARIAN

Mozzarella with fried aubergines, caper mayonnaise and crispy cabbage in lemon dressing (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 cottage cheese, curry and cress (7)  
-  
Fish meatballs with remoulade, herbal salad and lemon

### VEGATARIAN OPEN SANDWICHES

Egg salad with cottage cheese, curry and cress (7)  
-  
Avocado with vegan mayo, semi-tomato and smoked almonds (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green salads with olives, red onions, carrot crudite and thyme vinaigrette

Subject to change.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder



## WEEK 25 TUESDAY 22<sup>th</sup> JUNE

### TODAYS WARM DISH

Veal braised in white wine and lemon with carrot, fennel and thyme  
Served with potatoes turned with butter

### TODAYS VEGETARIAN DISH

Stegte svampe i hvidvin og citron med gulerod, fennikel og timian  
Serveret med kartofler vendt med smør

### 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

Black quinoa  
Corn and green pepper with red onion and cilantro  
Chicken fried with coriander seeds and peppers  
Avocadospread (7)

### TODAYS VEGETARIAN SALAD

Black quinoa  
Corn and green pepper with red onion and cilantro  
Fried padrons  
Several kinds of beans  
Avocadospread (7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

BLT sandwich with fried bacon, lettuce and tomato

### TODAYS VEGETARIAN

Organic eggs with tomato mayo and pickled onions

### 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 cottage cheese, curry and cress (7)

-

Fish meatballs with remoulade, herbal salad and lemon

### VEGATARIAN OPEN SANDWICHES

Egg salad with cottage cheese, curry and cress (7)

-

Avocado with vegan mayo, semi-tomato and smoked almonds (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad of carrots, cabbage, sunflower seeds and apple and dried cranberries

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## WEEK 25 WEDNESDAY 23<sup>th</sup> JUNE

### TODAYS WARM DISH

Greek-inspired turkey gyros marinated with mustard and oregano. With fried vegetables, tzatziki and pita bread (1, 7)

### TODAYS VEGETARIAN DISH

Fried halloumi and aubergines with herbs and onions. With fried vegetables, tzatziki and pita bread (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

Rice noodles with pickled carrot, Chinese radish and cucumber  
Crispy cabbage with mint  
Fried pork with soy and ginger  
Peanuts (8)

### TODAYS VEGETARIAN SALAD

Rice noodles with pickled carrot, Chinese radish and cucumber  
Crispy cabbage with mint  
Fried tofu with soy and ginger  
Peanuts (8)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SHOT

Beetroot, ginger, lemon

### TODAYS SANDWICH

Chicken salad with curry, mushrooms and pickled celery (7)

### TODAYS VEGETARIAN

Bagte grøntsager, syltet selleri og flækærte hummus(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 cottage cheese, curry and cress (7)  
-  
Fish meatballs with remoulade, herbal salad and lemon

### VEGATARIAN OPEN SANDWICHES

Egg salad with cottage cheese, curry and cress (7)  
-  
Avocado with vegan mayo, semi-tomato and smoked almonds (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

White beans, tomato, corn, celery and peppers

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## WEEK 25 THURSDAY 24<sup>th</sup> JUNE

### TODAYS WARM DISH

Massaman curry with pork, potatoes, onions, lime, fish sauce and peanuts served with pickled cucumber, chili and coriander (8)

### TODAYS VEGETARIAN DISH

Massaman curry with tofu, potatoes, onions, lime, mushroom soy and peanuts served with pickled cucumber, chili and coriander (8)

### 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

Crispy salads and cucumber  
Bulgur with parsley, onion and sumac shawarma fried beef with chili  
Yogurt (1, 7)

### TODAYS VEGETARIAN SALAD

Crispy salads and cucumber  
Bulgur with parsley, onion and sumac  
Falafel with chili  
Yogurt (1, 7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS CAKE

Dark brownie with walnut (1, 7.8)

### TODAYS SANDWICH

Salmon rilette with crispy fennel, skyr and dill (7)

### TODAYS VEGETARIAN

Brie with sweet and sour tomato chutney and bitter salads (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 cottage cheese, curry and cress (7)  
-  
Fish meatballs with remoulade, herbal salad and lemon

### VEGATARIAN OPEN SANDWICHES

Egg salad with cottage cheese, curry and cress (7)  
-  
Avocado with vegan mayo, semi-tomato and smoked almonds (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Cabbage salad with mint, coriander and roasted sesame

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MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 25

### FRIDAY 25<sup>th</sup> JUNE



#### TODAYS WARM DISH

Fried ground beef with onion soubise, glazed beetroot and gravy (7)

#### TODAYS VEGETARIAN DISH

Split pea steak with onion Soubise, Glazed Beetroot and Sky Sauce (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

#### TODAYS SALAD

Red salads with citrus  
Pearl barley  
Smoked duck breast  
White bean spread  
Crunch of almonds and chicken skins (1, 8)

#### TODAYS VEGETARIAN SALAD

Red salads with citrus  
Pearl barley  
Sheep fat  
White bean spread  
Roasted almonds (1, 7, 8)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Pink roast beef with béarnaise cream, pickled and fried onions

#### TODAYS VEGETARIAN

Fried beets with feta cream and black olives (7)

#### TODAYS VEGAN SANDWICH

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#### 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 cottage cheese, curry and cress (7)  
-  
Fish meatballs with remoulade, herbal salad and lemon

#### VEGATARIAN OPEN SANDWICHES

Egg salad with cottage cheese, curry and cress (7)  
-  
Avocado with vegan mayo, semi-tomato and smoked almonds (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Creamy potato  
Salad, with chives, cucumber and radishes (7)

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