



WEEK 29 MONDAY 19th JULY

TODAYS WARM DISH

Chicken in red curry with lots of vegetables, steamed rice and spicy chutney

TODAYS VEGETARIAN DISH

Chickpeas in red curry with lots of vegetables, steamed rice and spicy chutney

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

Couscous with parsley pesto
Fried chicken breast
Cabbage and green herbs in tomato vinaigrette (1)

TODAYS VEGETARIAN SALAD

Couscous with parsley pesto
Grilled cheese
Cabbage and green herbs in tomato vinaigrette (1)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Sausage with spiced mayo

TODAYS VEGETARIAN

Fried sweet potatoes, parsley pesto and crispy salads (1)

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

Chicken salad with mushrooms, crispy bacon and cress (1, 7)
-
Sausage roll with Italian salad and pea sprouts (1, 7)

VEGATARIAN OPEN SANDWICHES

Pickled carrots with tarragon cream and watercress (1)
-
Baked glasskale with Italian salad and pea shoots (1)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy cabbage and salads with gremolata

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**



MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 29

TUESDAY 20th JULY



TODAYS WARM DISH

Crispy tartlets with veal breast fricassee with elderflower, thyme and summer vegetables (1, 7)

TODAYS VEGETARIAN DISH

Crispy tartlets with asparagus fricassee and scallion with elderflower and thyme (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

TODAYS SALAD

Wheat kernel salad with summer vegetables and herbs
Braised calf
Green pea puree with sunflower seeds and lemon (1)

TODAYS VEGETARIAN SALAD

Wheat kernel salad with summer vegetables and herbs
Marinated chickpeas
Green pea puree with sunflower seeds and lemon (1)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Roast beef with remoulade and crispy onions (1)

TODAYS VEGETARIAN

Egg salad with curry, gherkin and red onion (1, 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

Chicken salad with mushrooms, crispy bacon and cress (1, 7)
-
Sausage roll with Italian salad and pea sprouts (1, 7)

VEGATARIAN OPEN SANDWICHES

Pickled carrots with tarragon cream and watercress (1)
-
Baked glasskale with Italian salad and pea shoots (1)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Potatoes tossed with lots of herbs and mustard vinaigrette

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. Kornsider



7. Milk



8. Nødder

MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 29

WEDNESDAY 21th JULY



TODAYS WARM DISH

Fishcakes with lemon and remoulade with dill (1,7)

TODAYS VEGETARIAN DISH

Chickpeas in red curry with lots of vegetables, steamed rice and spicy chutney

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

Lentils from Puy with fresh red onions and mustard vinaigrette
Fried pork fillet with green herbs
Sugar peas with parsley and chervil

TODAYS VEGETARIAN SALAD

Lentils from Puy with fresh red onions and mustard vinaigrette
Grilled fennel and mild feta
Sugar peas with parsley and chervil

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Cucumber, ginger, lemon

TODAYS SANDWICH

Chicken salad with, mushrooms, crispy bacon and cress (7)

TODAYS VEGETARIAN

Fresh potatoes, mayo, capers and pickled onions (1)

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

Chicken salad with mushrooms, crispy bacon and cress (1, 7)

-

Sausage roll with Italian salad and pea sprouts (1, 7)

VEGATARIAN OPEN SANDWICHES

Pickled carrots with tarragon cream and watercress (1)

-

Baked glasskale with Italian salad and pea shoots (1)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fennel salad with lemon and roasted birch

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. Kornsødg



7. Milk



8. Nødder

MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 29

THURSDAY 22th JULY



TODAYS WARM DISH

Light ragout of Danish beef, summer herbs and rosemary in tomato sauce. Served with pasta penne and gremolata (1)

TODAYS VEGETARIAN DISH

Pasta pens with rich tomato sauce, summer greens and gremolata (1)

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 quinoa with peppers
Long-fried, marinated beef
Avocadomash with white beans
Tomato salsa

TODAYS VEGETARIAN SALAD

Red quinoa with peppers
Roasted summer mushrooms with garlic and thyme
Avocadomash with white beans
Tomato salsa

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Coconut macaroons (1,7)

TODAYS SANDWICH

Spicy, organic beef comb, avocado and tomato salsa (1)

TODAYS VEGETARIAN

Roasted vegetables, avocado and tomato salsa (1)

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

Chicken salad with mushrooms, crispy bacon and cress (1, 7)

-

Sausage roll with Italian salad and pea sprouts (1, 7)

VEGATARIAN OPEN SANDWICHES

Pickled carrots with tarragon cream and watercress (1)

-

Baked glasskale with Italian salad and pea shoots (1)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Several kinds of carrots flipped with arugula and roasted buckwheat

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. Kornsider



7. Milk



8. Nødder

MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 29

FRIDAY 23th JULY



TODAYS WARM DISH

Create self-gyros of Danish pork with onions, oregano and baked peppers, with pita bread and skyr dressing (1, 7)

TODAYS VEGETARIAN DISH

Falafel with onion, oregano and baked pepper, with pita bread and skyr dressing (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

TODAYS SALAD

Fresh potatoes in apple vinaigrette
Tuna flipped with olive oil, chopped capers and herbs
Green beans and semi-dried tomato

TODAYS VEGETARIAN SALAD

Fresh potatoes in apple vinaigrette
Organic eggs flipped with olive oil, chopped capers and herbs
Green beans and semi-dried tomato

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Cold smoked salmon, green pea puree and crispy cabbage (1)

TODAYS VEGETARIAN

Falafel, green pea puree and crispy cabbage (1)

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

Chicken salad with mushrooms, crispy bacon and cress (1, 7)

-

Sausage roll with Italian salad and pea sprouts (1, 7)

VEGATARIAN OPEN SANDWICHES

Pickled carrots with tarragon cream and watercress (1)

-

Baked glasskale with Italian salad and pea shoots (1)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Greek salad with tomatoes, olives, cucumbers and green leaves

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. Kornsider



7. Milk



8. Nødder