



## WEEK 30 MONDAY 26<sup>th</sup> JULY

### TODAYS WARM DISH

Hamburger back with lightly stewed summer greens & butter steamed potatoes and cucumber salad (1, 7)

### TODAYS VEGETARIAN DISH

Roasted and smoked celeriac with lightly stewed summer greens and butter steamed potatoes (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

Pork  
New potatoes and spiced bowl in mustard dressing  
Smoked cheese crème  
Mizuna and mixed herbs (7)

### TODAYS VEGETARIAN SALAD

Smoked beetroot  
New potatoes and spiced bowl in mustard dressing  
Smoked cheese crème  
Mizuna and mixed herbs (7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Spiced sausage with pickles & horseradish (1, 7)

### TODAYS VEGETARIAN

Egg salad with cucumber, radish and cress (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

Smoked mackerel salad with radishes, cucumber & dill (7)  
-  
Roast beef with pickles, horseradish & cress

### VEGATARIAN OPEN SANDWICHES

Potatoes with lemon cream, radishes, red onion and dill  
-  
Green summer salad with asparagus, peas, cucumber & cress

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

Bean salad with herbal dressing, grilled carrots and scallion

Subject to change.

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1. Gluten



2. Kornsødg



7. Milk



8. Nødder



## WEEK 30 TUESDAY 27<sup>th</sup> JULY

### TODAYS WARM DISH

Turkey and fried vegetables in teriyaki with egg noodles (1)

### TODAYS VEGETARIAN DISH

Tofu, mushrooms and fried vegetables in teriyaki with egg noodles (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

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

Teriyaki marinated turkey  
Rice noodle salad with lots of vegetables  
Chinese cabbage with sesame  
Shiso (1, 7)

### TODAYS VEGETARIAN SALAD

Teriyaki marinated tofu and mushrooms  
Rice noodle salad with lots of vegetables  
Chinese cabbage with sesame  
Shiso (1,7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Serrano ham with baked cherry tomatoes and parmesan cream (1, 7)

### TODAYS VEGETARIAN

Mozzarella with cherry tomatoes and pesto (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

Smoked mackerel salad with radishes, cucumber & dill (7)

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Roast beef with pickles, horseradish & cress

### VEGATARIAN OPEN SANDWICHES

Potatoes with lemon cream, radishes, red onion and dill

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Green summer salad with asparagus, peas, cucumber & cress

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

Crispy salads with saltet pumpkin seeds

Subject to change.

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1. Gluten



2. Kornsødg



7. Milk



8. Nødder

## WEEK 30

WEDNESDAY 28<sup>th</sup> JULYTODAYS WARM DISH

Veal breast in BBQ with smoked paprika and apple juice, with spicy tomato rice and marinated baked peppers

TODAYS VEGETARIAN DISH

Grilled cheese in BBQ with smoked paprika and apple juice. With spicy tomato rice and marinated baked peppers (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

Veal breast in BBQ marinade  
Pearl barley with corn and green pepper  
Coleslaw  
Sprouts (1, 7)

TODAYS VEGETARIAN SALAD

Grilled cheese in BBQ marinade  
Pearl barley with corn and green pepper  
Coleslaw  
Sprouts (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Beetroot, ginger, lemon

TODAYS SANDWICH

Salmon rilette with red onion, dill, chives and skyr (1, 7)

TODAYS VEGETARIAN

Baked peppers with mojo and feta (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

Smoked mackerel salad with radishes, cucumber & dill (7)

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Roast beef with pickles, horseradish & cress

VEGATARIAN OPEN SANDWICHES

Potatoes with lemon cream, radishes, red onion and dill

-

Green summer salad with asparagus, peas, cucumber & cress

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Split pea salad with broccoli, peas and mustard vinaigrette

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1. Gluten



2. Krolsødg



7. Milk



8. Nødder

**TODAYS WARM DISH**

Fried chicken thighs, tomatoes, squash, onions, potatoes and light cloud sauce (1, 7)

**TODAYS VEGETARIAN DISH**

Pie with fresh potatoes, tomato, squash and onion (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**

Fried chicken  
Pasta salad with tomato, squash, red onion and green pesto  
Olives, parmesan and arugula (1, 7)

**TODAYS VEGETARIAN SALAD**

Mozzarella  
Pasta salad with tomato, squash, red onion and green pesto  
Olives, parmesan and arugula (1, 7)

**THIS WEEKS SIDE-SNACK/SPREAD**

A small snack or spread will be served on the side

**TODAYS CAKE**

Truffels (7)

**TODAYS SANDWICH**

Ham salad with apples, summer onions and mustard (1, 7)

**TODAYS VEGETARIAN**

Tomato, mozzarella, herbs and basil mayo

**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**

Smoked mackerel salad with radishes, cucumber & dill (7)

-

Roast beef with pickles, horseradish & cress

**VEGATARIAN OPEN SANDWICHES**

Potatoes with lemon cream, radishes, red onion and dill

-

Green summer salad with asparagus, peas, cucumber & cress

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

Cauliflower salad with mild onions and parsley

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1. Gluten



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MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 30

### FRIDAY 30<sup>th</sup> JULY



#### TODAYS WARM DISH

Pulled pork with homemade chili sauce and sesame bun (1, 7)

#### TODAYS VEGETARIAN DISH

Vegetarian kebab with homemade chili sauce and sesame bun (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

Shrimps in 1000 island dressing with white quinoa  
Crispy romaine and cucumber  
Cherry tomato  
Pea sprouts (7)

#### TODAYS VEGETARIAN SALAD

Organic eggs and cottage cheese in 1000 island dressing with white quinoa  
Crispy romaine and cucumber  
Cherry tomato  
Pea sprouts (7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Chicken with curry dressing, cucumber and cress (1, 7)

#### TODAYS VEGETARIAN

Organic eggs with tomato, mayo and chives (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

Smoked mackerel salad with radishes, cucumber & dill (7)

-

Roast beef with pickles, horseradish & cress

#### VEGATARIAN OPEN SANDWICHES

Potatoes with lemon cream, radishes, red onion and dill

-

Green summer salad with asparagus, peas, cucumber & cress

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

Coleslaw

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1. Gluten



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