



## WEEK 32 MONDAY 9<sup>th</sup> AUGUST

### TODAYS WARM DISH

Pork in red curry and coconut milk with lots of vegetables and steamed rice

### TODAYS VEGETARIAN DISH

Grilled cauliflower in red curry and coconut milk with lots of vegetables and steamed rice

### 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

Long-fried pork in red curry  
Rice salad with crispy carrot and fresh onions  
Chinese cabbage and radish in sesame dressing  
Shiso and coriander

### TODAYS VEGETARIAN SALAD

Fried tofu and cauliflower in red curry  
Rice salad with crispy carrot and fresh onions  
Chinese cabbage and radish in sesame dressing  
Shiso and coriander

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Beef breast with wasabi mayo, cucumber and cress (1)

### TODAYS VEGETARIAN

Baked pepper and mozzarella, with 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

Veal liver pate with relish of pickled beets, pearl onions, red onions and cress (1, 7)  
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Ham salad with asparagus, mustard and chives (1,7)

### VEGATARIAN OPEN SANDWICHES

Mushroom pate with relish of pickled beets, pearl onions, red onions and cress  
-  
Pickled celery with split peas, celery leaves, chives and shallots

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

Bean salad with red pepper, lemongrass and Thai basil

Subject to change.

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**TODAYS WARM DISH**

Chicken fried with herbs, garlic and lemon. With raw and baked roots with olives and tomato

**TODAYS VEGETARIAN DISH**

ornotto with mushrooms, onions, lemon peel, fresh cheese, herbs and Grana Padano (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**

Shrimp in creamy dressing with lemon and garlic  
Potatoes and raw cauliflower  
Frissé and mild onions  
Pea sprouts (2)

**TODAYS VEGETARIAN SALAD**

Large white beans in creamy dressing with lemon and garlic  
Potatoes and raw cauliflower  
Frissé and mild onions  
Pea sprouts (2)

**THIS WEEKS SIDE-SNACK/SPREAD**

A small snack or spread will be served on the side

**TODAYS SANDWICH**

Chicken with curry dressing and crispy bacon (1, 7)

**TODAYS VEGETARIAN**

Organic eggs with tomato, mayo and chives (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**

Veal liver pate with relish of pickled beets, pearl onions, red onions and cress (1, 7)

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Ham salad with asparagus, mustard and chives (1,7)

**VEGATARIAN OPEN SANDWICHES**

Mushroom pate with relish of pickled beets, pearl onions, red onions and cress

-

Pickled celery with split peas, celery leaves, chives and shallots

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

Glass cabbage and turnips with bitter salads

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1. Gluten



2. Kornsødg



7. Milk



8. Nødder

MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 32

### WEDNESDAY 11<sup>th</sup> AUGUST



#### TODAYS WARM DISH

Veal cuvette in creamy sauce with semi-dry tomato, celery and pickle, served with steamed potatoes (1, 7)

#### TODAYS VEGETARIAN DISH

Pie with broccoli, courgette, cottage cheese and Fyrmester Cheese (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

Fried chicken in mojo  
Raw broccoli and roasted courgette  
Organic cottage cheese with spring onions and herbs  
Cress (7)

#### TODAYS VEGETARIAN SALAD

Fried king trumpet mushroom in mojo  
Raw broccoli and roasted courgette  
Organic cottage cheese with spring onions and herbs Cress (7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SHOT

Carrot, ginger, apple, lemon

#### TODAYS SANDWICH

Smoked fillet with pea cream and crispy cabbage (1)

#### TODAYS VEGETARIAN

Fried and raw squash 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

Veal liver pate with relish of pickled beets, pearl onions, red onions and cress (1, 7)  
-  
Ham salad with asparagus, mustard and chives (1,7)

#### VEGATARIAN OPEN SANDWICHES

Mushroom pate with relish of pickled beets, pearl onions, red onions and cress  
-  
Pickled celery with split peas, celery leaves, chives and shallots

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

Baked and raw fennel with crispy cabbage, cucumber and oregano

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1. Gluten



2. Kornsødg



7. Mælk



8. Nødder

**TODAYS WARM DISH**

Ham meatballs with stewed scallions and potatoes, with green peas and thyme (1, 7)

**TODAYS VEGETARIAN DISH**

Vegetarian balls with stewed scallions and potatoes, with green peas 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**

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**

Smoked ham and green peas in Nordic dressing  
Pearl barley and new onions with cold-pressed rapeseed and larch  
Several kinds of kale(1)

**TODAYS VEGETARIAN SALAD**

Lighthouse cheese and green peas in Nordic dressing  
Pearl barley and new onions with cold-pressed rapeseed and larch  
Several kinds of kale (1, 7)

**THIS WEEKS SIDE-SNACK/SPREAD**

A small snack or spread will be served on the side

**TODAYS CAKE**

Apple sponge cake (1.7)

**TODAYS SANDWICH**

Pepper turkey with cream cheese, chives and Danish cucumbers (1, 7)

**TODAYS VEGETARIAN**

Fresh potatoes with bay leaf mayo and crispy 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**

Veal liver pate with relish of pickled beets, pearl onions, red onions and cress (1, 7)

-

Ham salad with asparagus, mustard and chives (1,7)

**VEGATARIAN OPEN SANDWICHES**

Mushroom pate with relish of pickled beets, pearl onions, red onions and cress

-

Pickled celery with split peas, celery leaves, chives and shallots

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

Green lentils and savoy cabbage with pear and dijon

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## WEEK 32

FRIDAY 13<sup>th</sup> AUGUST

### TODAYS WARM DISH

Steak sandwich of long-fried beef comb with soft onions, cheese and brioche bun (1, 7)

### TODAYS VEGETARIAN DISH

Steak Tempeh sandwich with soft onions, cheese and soft organic 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

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

Long-fried beef with paprika marinade  
Several kinds of quinoa with pickled onions and tomato  
Crispy glass kale  
Avocado mash

### TODAYS VEGETARIAN SALAD

Fried summer pumpkin with paprika marinade  
Several kinds of quinoa with pickled onions and tomato  
Crispy glass kale  
Avocado mash

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Cheese and ham with mustard dressing and crispy vegetables (1, 7)

### TODAYS VEGETARIAN

Avocado cream with chickpeas and baked tomato (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

Veal liver pate with relish of pickled beets, pearl onions, red onions and cress (1, 7)  
-  
Ham salad with asparagus, mustard and chives (1,7)

### VEGATARIAN OPEN SANDWICHES

Mushroom pate with relish of pickled beets, pearl onions, red onions and cress  
-  
Pickled celery with split peas, celery leaves, chives and shallots

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

Raw beetroot and purple scallion in citrus vinaigrette

Subject to change.

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1. Gluten



2. Krolsødg



7. Milk



8. Nødder