



WEEK 34 MONDAY 23th AUGUST

TODAYS WARM DISH

Pork meatballs in curry with apple, steamed basmati rice, homemade plum chutney, summer onion and shiso

TODAYS VEGETARIAN DISH

Tofu and crispy vegetables in classic curry sauce with steamed basmatirice og plum 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

Fried chicken with cauliflower couscous, olives, cucumber and long-baked tomatoes.
Grilled butternut squash with lentils and green pea puree

TODAYS VEGETARIAN SALAD

Danish Apetina cheese with cauliflower couscous, olives, cucumber and long-baked tomatoes.
Grilled butternut squash with lentils and green pea puree

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Smoked turkey with gooseberry chutney, mayo and salat (1)

TODAYS VEGETARIAN

Fresh and baked tomato with basil pesto and mozzarella (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

Roastbeef with remoulade, horseradish, onion and sour
-
Hardboiled eggs, shrimps, lemon and dill

VEGATARIAN OPEN SANDWICHES

Nordic salad with radishes and glass cabbage
Topped with roasted buckwheat and dill
-
Grilled celery, hazelnut cream and dried olives (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Beetroot salad with roasted seeds, cherry vinegar and tarragon

Subject to change.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder



WEEK 34

TUESDAY 24th AUGUST

TODAYS WARM DISH

BBQ beef brisket with summer herbs and chili
Served with baked potatoes and larch salsa

TODAYS VEGETARIAN DISH

Fennel and onion barigoule with thyme, garlic and lemon. In addition, larch salsa

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

Green and purple cabbage with mango dressing
Couscous (1)
Long-fried beef with hot spices
Raw marinated apples and buckwheat

TODAYS VEGETARIAN SALAD

Green and purple cabbage with mango dressing
Couscous (1)
Black beans with hot spices
Raw marinated apples and buckwheat

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Roasted pork with mayo and red cabbage (1, 7)

TODAYS VEGETARIAN

Split pea hummus, fried beets, sumac and cilantro

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

Roastbeef with remoulade, horseradish, onion and sour
-
Hardboiled eggs, shrimps, lemon and dill

VEGATARIAN OPEN SANDWICHES

Nordic salad with radishes and glass cabbage
Topped with roasted buckwheat and dill
-
Grilled celery, hazelnut cream and dried olives (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green split peas with crispy radish, lemon and larch

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

TODAYS WARM DISH

Light veal ragout with summer leeks, squash, sea buckthorn and dill
Steamed Nordic grains

TODAYS VEGETARIAN DISH

Gratinated pasta with summer leeks, broccoli, squash and mozzarella

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

Potatoes with mustard dressing
Green leafy salads
Boiled eggs and smoked bacon
Mild onions

TODAYS VEGETARIAN SALAD

Potatoes with mustard dressing
Green leafy salads
Boiled eggs and semi-dried tomato
Mild onions

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 pepper salsa (1, 7)

TODAYS VEGETARIAN

Hard-boiled eggs stirred with cottage cheese, red onion, tarragon and strong mustard

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

Roastbeef with remoulade, horseradish, onion and sour

-

Hardboiled eggs, shrimps, lemon and dill

VEGATARIAN OPEN SANDWICHES

Nordic salad with radishes and glass cabbage
Topped with roasted buckwheat and dill

-

Grilled celery, hazelnut cream and dried olives (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fried carrots with black lentils and dill seeds

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MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 34

THURSDAY 26th AUGUST



TODAYS WARM DISH

Ham culotte fried with lemon, rosemary and sage. Served with gratinated cauliflower with tomato, parmesan and lots of herbs (7)

TODAYS VEGETARIAN DISH

"Cauliflower cornotto" with pearl barley, onion, spinach 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

Spinach and crispy salad
Chickpeas and red onion in tomato vinaigrette
Picked turkey
Yogurt with sumac (7)

TODAYS VEGETARIAN SALAD

Spinach and crispy salad
Chickpeas and red onion in tomato vinaigrette
Feta cheese
Yogurt with sumac (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Cinnamoncake (1)

TODAYS SANDWICH

Meatballs with sour beetroot hummus

TODAYS VEGETARIAN

Roasted eggplant and squash with feta cream and oregano

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

Roastbeef with remoulade, horseradish, onion and sour

-

Hardboiled eggs, shrimps, lemon and dill

VEGATARIAN OPEN SANDWICHES

Nordic salad with radishes and glass cabbage
Topped with roasted buckwheat and dill

-

Grilled celery, hazelnut cream and dried olives (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad of roasted potatoes with black olives, spinach and balsamic vinaigrette

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

TODAYS WARM DISH

Free-range chicken fried with cumin and coriander seeds, several kinds of peppers and onions and spiced Mexican rice

TODAYS VEGETARIAN DISH

Fried aubergine with cumin and coriander seeds, several kinds of peppers and onions with spiced Mexican 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

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

Two kinds of green peas with lemon vinaigrette
Red and green salads with dill
Smoked mackerel
Horseradish cream (7)

TODAYS VEGETARIAN SALAD

Two kinds of green peas with lemon vinaigrette
Red and green salads with dill
Smoked and fried tempeh
Horseradish cream (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Veal pastrami with salsa of tomato and coriander (1)

TODAYS VEGETARIAN

Baked celery with beetroot hummus

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

Roastbeef with remoulade, horseradish, onion and sour

-
Hardboiled eggs, shrimps, lemon and dill

VEGATARIAN OPEN SANDWICHES

Nordic salad with radishes and glass cabbage
Topped with roasted buckwheat and dill

-
Grilled celery, hazelnut cream and dried olives (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Hispi cabbage in spicy tomato vinaigrette

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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder