



## WEEK 37 MONDAY 13<sup>th</sup> September

### TODAYS WARM DISH

Meyers Butterchicken topped with spring onions.  
Cilantro.  
Brown round rice.

### TODAYS VEGETARIAN DISH

Mac'n cheese with creamy pumpkin (1, 7) topped with parsley gremolata & Meyer's pickled cauliflower.

### 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

Slow-cooked beef in thin slices.  
Couscous with apricot and grated squash.  
Fried eggplant.  
Tahin / Yogurt Dressing (1, 7).

### TODAYS VEGETARIAN SALAD

Grilled cheese  
Couscous with apricot and grated squash  
Fried eggplant  
Tahin / yogurt dressing (1, 7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

Subject to change.

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### TODAYS SANDWICH

Vitello tonnato, capers and chives (7)

### TODAYS VEGETARIAN

Smoked greens with tarragon and tapenade

### 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 Karl Johan, pickled mushrooms and cress (1, 7)

-  
Danish cold cut of spiced pork with Jerusalem artichoke salad and parsley (1, 7)

### VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress  
-  
Fried Jerusalem artichokes with mushroom creme, pickled mushrooms and apples

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

3 kinds of cabbage salad with Chinese radish and lemon dressing



1. Gluten



2. Krebsdjur



7. Melk



8. Nødder



#### TODAYS WARM DISH

Beef stew with pumpkin & cinnamon  
Crushed potatoes with garlic, olive oil & sage  
Spicy plum, ginger & rhubarb relish

#### TODAYS VEGETARIAN DISH

Moussaka with aubergines, potatoes and yogurt topping (7)  
Freekeh with roasted cauliflower, herbs and cauliflower creme

#### 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

Turkey with rosemary and lemon  
Pearl barley with baked onions and herbs  
Mild cabbage  
Creamy mustard dressing (7)

#### TODAYS VEGETARIAN SALAD

Butter beans with rosemary and lemon  
Pearl barley with baked onions and herbs  
Mild cabbage  
Creamy mustard dressing (7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Classic spread of ham with chives and crispy romaine

#### TODAYS VEGETARIAN

Fried aubergine with tomato and ricottacreme with herbs and lemon (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 Karl Johan, pickled mushrooms and cress (1, 7)

-  
Danish cold cut of spiced pork with Jerusalem artichoke salad and parsley (1, 7)

#### VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress  
-  
Fried Jerusalem artichokes with mushroom creme, pickled mushrooms and apples

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

Salad with cabbage and carrots

Subject to change.

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1. Gluten



2. Krebsdyr



7. Melk



8. Nødder



#### TODAYS WARM DISH

Turkey with Korean BBQ & sesame.  
Noodles with spring onions, pickled carrot,  
Chinese radish & fried greens. Sour / sweet chili  
sauce.

#### TODAYS VEGETARIAN DISH

Tortilla de patata with leaf beets, potatoes &  
ricotta (1.7). Butter beans with pesto, green  
beans and cherry tomatoes.  
Tomato compote - Semi-dried and fresh,  
chopped, with onions, garlic and herbs. Sweet  
and sour.

#### 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 with lemon and lots of herbs.  
Potatoes with smoked dressing.  
Green beans and celery (2, 7).

#### TODAYS VEGETARIAN SALAD

Organic eggs with lemon and lots of herbs.  
Potatoes with smoked dressing.  
Green beans and celery (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the  
side

#### TODAYS SHOT

Carrot, apple, ginger, lemon

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#### TODAYS SANDWICH

Fish salad with saithe, mackerel, skyr and dill  
(7)

#### TODAYS VEGETARIAN

Organic eggs with tomato, chives and  
mayonnaise

#### 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 Karl Johan, pickled  
mushrooms and cress (1, 7)

-  
Danish cold cut of spiced pork with Jerusalem  
artichoke salad and parsley (1, 7)

#### VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress

-  
Fried Jerusalem artichokes with mushroom  
creme, pickled mushrooms and apples

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

#### FACED SANDWICH

Fennel and apple salad with arugula and herbs



1. Gluten



2. Krebsdyr



7. Melk



8. Nødder

MEYERS  
FROKOST  
FØR KØKKEN

# PORTIONS- PAKKET

## WEEK 37

### THURSDAY 16<sup>th</sup> SEPTEMBER



#### TODAYS WARM DISH

Veal braised in Meyer's apple juice topped with roasted Jerusalem artichokes and parsley (1, 7)  
Warm pearl barley with rapeseed oil and herbs (1)

Diced pickled beets tossed with thyme

#### TODAYS VEGETARIAN DISH

Baked squash Melanzana style with fresh mozzarella (7)  
Oregano, arugula and parsley

#### 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

Pork tenderloin with Sichuan pepper  
Rice noodles with carrot, lime and sesame  
Cucumber and spring onion

#### TODAYS VEGETARIAN SALAD

Fried celeriac  
Rice noodles with carrot, lime and sesame  
Cucumber and spring onion

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CAKE

Triple chocolate cookie (1, 7)

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#### TODAYS SANDWICH

Pulled duck with pickled pumpkin and mustardmayo

#### TODAYS VEGETARIAN

Fried celeriac.  
Summer salad with smoked cheese, radishes and cucumber (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 Karl Johan, pickled mushrooms and cress (1, 7)

-  
Danish cold cut of spiced pork with Jerusalem artichoke salad and parsley (1, 7)

#### VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress

-  
Fried Jerusalem artichokes with mushroom creme, pickled mushrooms and apples

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

Heart salad with sweet miso dressing, radishes and spring onions



1. Gluten



2. Krebsdyr



7. Melk



8. Nødder



## WEEK 37 FRIDAY 17<sup>th</sup> September

### TODAYS WARM DISH

Gyros of long-fried pork in thin slices, with fried vegetables. Pita bread (1)  
Pickled red onion turned with fresh diced pepper & fresh parsley

### TODAYS VEGETARIAN DISH

Indian Mulligatawny with lentils, chickpeas, potatoes, tomato and coconut topped with cilantro, parsley & spring onion  
Apple chutney with raisins.

### 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 breast  
Pasta with pesto and roasted seeds  
Several kinds of tomato and basil  
Parmesan (1, 7)

### TODAYS VEGETARIAN SALAD

Mozzarella  
Pasta with pesto and roasted seeds  
Several kinds of tomato and basil  
Parmesan (1, 7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

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### TODAYS SANDWICH

Tuna salad with peppers, organic skyr and grilled peppers (7)

### TODAYS VEGETARIAN

Roasted cauliflower with hummus, sumac & pickled red onion (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

Chicken salad with Karl Johan, pickled mushrooms and cress (1, 7)

-  
Danish cold cut of spiced pork with Jerusalem artichoke salad and parsley (1, 7)

### VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress

-  
Fried Jerusalem artichokes with mushroom creme, pickled mushrooms and apples

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

Crispy salad. Red cabbage. Lemon vinaigrette and poppy seeds.



1. Gluten



2. Krebsdyr



7. Melk



8. Nødder