



WEEK 37

MONDAY 13th September

TODAYS WARM DISH

Meyers Butter chicken with ginger, chili, onions and carrots with rice and crispy herbs and spring onions (1)

TODAYS VEGETARIAN DISH

Creamy cauliflower with ginger, chili, onions and carrots with rice and a mix of crispy herbs and spring onions.

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 (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Brisket of beef and horseradish.

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)
-
Organic eggs with tomato, chives and mayonnaise.

VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress
-
Organic eggs with tomato, chives and mayonnaise.

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

3 kinds of cabbage salad with Chinese radish and lemon dressing

Subject to change.

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**TODAYS WARM DISH**

Beef stew with pumpkin & cinnamon
Roasted potatoes with garlic, olive oil & sage
Spicy plums, ginger & rhubarb (1)

TODAYS VEGETARIAN DISH

Aubergines with pumpkin & cinnamon. Roasted potatoes with garlic and oliveoil.

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

Smoked mackerel with tomatomayo, sweet tomatoes and onions.

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)
-
Organic eggs with tomato, chives and mayonnaise.

VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress
-
Organic eggs with tomato, chives and mayonnaise.

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green salad with vinaigrette and a variety of peas.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

**TODAYS WARM DISH**

Turkey with Korean BBQ & sesame.
Noodles with sour/sweet sauce and fried greens.
Spring onions, pickled carrot, Chinese radishes
(1, 7, 8)

TODAYS VEGETARIAN DISH

Beans with Korean BBQ and sesame.
Noodles with sour/sweet sauce and fried greens
(7, 8)

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

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 (2, 7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Carrot, apple, ginger, lemon

TODAYS SANDWICH

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

-

Organic eggs with tomato, chives and mayonnaise.

VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress

-

Organic eggs with tomato, chives and mayonnaise.

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fennel and apple salad with arugula and herbs

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1. Gluten



2. Krabbdyr



7. Mælk



8. Nødder

MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 37

THURSDAY 16th 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 (1, 7)

TODAYS VEGETARIAN DISH

Stew with tofu, Meyers apple juice, roasted Jerusalem artichokes with warm pearl barley and herbs (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 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 muffin (1, 7)

TODAYS SANDWICH

Pulled duck with pickled pumpkin and mustard-mayo

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)
-
Organic eggs with tomato, chives and mayonnaise.

VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress
-
Organic eggs with tomato, chives and mayonnaise.

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Heart salad with sweet miso dressing, radishes and spring onions

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1. Gluten



2. Krabbdyr



7. Mælk



8. Nedder



WEEK 37

FRIDAY 17th September

TODAYS WARM DISH

Gyros of slow-cooked pork, with fried vegetables.
Pita bread (1)
Pickled red onion turned with fresh diced pepper
& fresh parsley

TODAYS VEGETARIAN DISH

Fried tempeh with fried vegetables, pita bread
and pickled red onions turned with fresh dices
pepper and fresh parsley (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 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

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)

-

Organic eggs with tomato, chives and
mayonnaise.

VEGETARIAN OPEN SANDWICHES

Baked carrots with tarragon cream and cress

-

Organic eggs with tomato, chives and
mayonnaise.

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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

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1. Gluten



2. Krabbdyr



7. Mælk



8. Nødder