



## WEEK 38

MONDAY 20<sup>th</sup> September

### TODAYS WARM DISH

Chicken thighs with thyme, gravy flavored with elderflower.

Roasted new potatoes with green herbs.

### TODAYS VEGETARIAN DISH

Peanut stew with sweet potato, ginger, chili and cinnamon (8).

Steamed quinoa with mint.

### 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

Tuna with mayonnaise, capers and herbs.  
Potatoes in lemondressing.  
Green beans. Baked tomato.

### TODAYS VEGETARIAN SALAD

Egg with mayonnaise, capers and herbs.  
Potatoes in lemondressing. Green beans. Baked tomato.

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SANDWICH

Chicken salad with karl johan mushrooms and tarragon (7)

### TODAYS VEGETARIAN

Cucumber and tomato with cottage cheese with chives, cress and black pepper (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

Mackerel in tomato with mayonnaise and mild onions.

-

Smoked ham with mustardpickles, cream cheese and lots of herbs (7)

### VEGETARIAN OPEN SANDWICHES

Beetrootsalad with apple and horseradish

-

Roasted cauliflower with trufflecreme and crispy rye (7)

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

Crispy green salads and crème of green peas (7)

Subject to change.

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1. Gluten



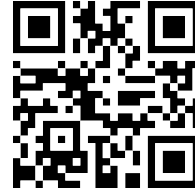
2. Krebssdyr



7. Mælk



8. Nødder



#### TODAYS WARM DISH

Slow cooked pork in tomatosauce with olives. Roasted butternut squash with onions and thyme.

#### TODAYS VEGETARIAN DISH

Celery, aubergine and mushrooms in tomatosauce with olives.

#### 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

Chicken fried with korianderseeds and paprika. Quinoa with green pepper and red onions. Corn with coriander. Avocadocreame (7).

#### TODAYS VEGETARIAN SALAD

Marinated chickpeas. Quinoa with green pepper and red onions. Corn with coriander. Avocadocreame (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Roastbeef with pickles, mayo and horseradish.

#### TODAYS VEGETARIAN

Mozzarella with auberginecreme and crispy cabbage in lemondressing (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

Mackerel in tomato with mayonnaise and mild onions.

-  
Smoked ham with mustardpickles, cream cheese and lots of herbs (7)

#### VEGETARIAN OPEN SANDWICHES

Beetrootsalad with apple and horseradish

-  
Roasted cauliflower with truffleceme and crispy rye (7)

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

Green and crispy salad leaves with turnip cabbage and vinaigrette.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

**TODAYS WARM DISH**

Tender brisket of beef Indian Style with lentils, chickpeas, potatoes, tomato and coconut. Steamed basmatirice with cardamom and turmeric.

**TODAYS VEGETARIAN DISH**

Roasted cauliflower Indian Style with lentils, chickpeas, potatoes, tomato and coconut.

**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**

Smoked ham with mustard and tarragon. Rye kernels. Celerysalad. Horseradishdressing (1, 7)

**TODAYS VEGETARIAN SALAD**

Emmental with mustard and tarragon. Rye kernels. Celerysalad. Horseradishdressing (1, 7)

**THIS WEEKS SIDE-SNACK/SPREAD**

A small snack or spread will be served on the side

**TODAYS SHOT**

Apple, ginger, lemon

**TODAYS SANDWICH**

Smoked salmon with cabbage and dill (7)

**TODAYS VEGETARIAN**

Egg salad with curry and chives (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**

Mackerel in tomato with mayonnaise and mild onions.

-

Smoked ham with mustardpickles, cream cheese and lots of herbs (7)

**VEGETARIAN OPEN SANDWICHES**

Beetrootsalad with apple and horseradish

-

Roasted cauliflower with truffleceme and crispy rye (7)

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

Crispy cabbage, fennel and mango with mint.

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MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 38

### THURSDAY 23<sup>rd</sup> SEPTEMBER



#### TODAYS WARM DISH

Bahn mi with hoisin marinated chicken, coriander, pickled daikon and carrot. Vietnamese baguette (1).

#### TODAYS VEGETARIAN DISH

Bahn mi with coconut marinated tofu, coriander, pickled daikon and carrot (1).

#### TODAYS VEGAN DISH

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#### 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

Slow roasted beef. Bulgur with tomato, cucumber and parsley. Crispy salads. Yoghurt with chili (1, 7).

#### TODAYS VEGETARIAN SALAD

Mixed beans and fried mushrooms. Bulgur with tomato, cucumber and parsley. Crispy salads. Yoghurt with sumac (1, 7)

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CAKE

Bananacake (1)

#### TODAYS SANDWICH

Smoked ham with aged cheese, mustard mayo and pickled cornichons (7).

#### TODAYS VEGETARIAN

Baked pepper and tomato hummus with parsley.

#### TODAYS VEGAN SANDWICH

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#### WEEKLY OPEN SANDWICHES

Mackerel in tomato with mayonnaise and mild onions.

-

Smoked ham with mustardpickles, cream cheese and lots of herbs (7)

#### VEGETARIAN OPEN SANDWICHES

Beetrootsalad with apple and horseradish

-

Roasted cauliflower with trufflecreme and crispy rye (7)

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

Crudit  of cauliflower and carrot with lemon, parsley and spinach.

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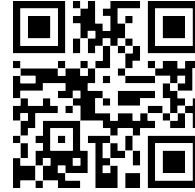
2. Krebssdyr



7. Melk



8. N dder



#### TODAYS WARM DISH

Baked cut of beef with rosemary, thyme, oil and spice. Baked parsley roots with garlic, thyme, cardamom and sherry vinegar.

#### TODAYS VEGETARIAN DISH

Beetroots baked with rosemary, thyme, oil and spice. Balugalentils with baked onions and herbs.

#### 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

Turkey in Teriyaki. Salad of wild rice with beansprouts and edamame beans. Salad of carrot and cabbage. Sesame dressing (1).

#### TODAYS VEGETARIAN SALAD

NoMeatballs in Teriyaki. Salad of wild rice with beansprouts and edamame beans. Salad of carrot and cabbage. Sesame dressing (1).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Shrimp salad with lemon, dill and turnip cabbage (2, 7)

#### TODAYS VEGETARIAN

Brie with figs in balsamic, crispy kernels and frissé (7).

#### TODAYS VEGAN SANDWICH

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#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### WEEKLY OPEN SANDWICHES

Mackerel in tomato with mayonnaise and mild onions.

-

Smoked ham with mustardpickles, cream cheese and lots of herbs (7)

#### VEGETARIAN OPEN SANDWICHES

Beetrootsalad with apple and horseradish

-

Roasted cauliflower with trufflcreme and crispy rye (7)

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

Salad of spinach with green beans, broccoli and spring onions.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Æg