



WEEK 38

MONDAY 20th September

TODAYS WARM DISH

Chicken Fajitas onions and peppers. Flatbread (1) and a mix of cucumber and a variation of onions.

TODAYS VEGETARIAN DISH

Chickpea Fajitas with onions and peppers. Flatbread (1) and a mix of cucumber and a variation of 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

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

Danish cold cut of spiced pork with onions, cress and pickles

TODAYS VEGETARIAN

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

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

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

VEGETARIAN OPEN SANDWICHES

Beetroot salad with apple and horseradish

-

Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

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 and wheat kernels with onions and thyme (1)

TODAYS VEGETARIAN DISH

Celery, aubergine and mushrooms in tomatosauce with olives and gremolata.

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. Avocadocrema (7).

TODAYS VEGETARIAN SALAD

Marinated chickpeas. Quinoa with green pepper and red onions. Corn with coriander. Avocadocrema (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

Cod roe salad with apple, capers and dill.

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

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

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

VEGETARIAN OPEN SANDWICHES

Beetroot salad with apple and horseradish

-

Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad leaves with turnip cabbage and vinaigrette.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

**TODAYS WARM DISH**

Baked salmon with grilled squash, onions, tomato and black sesame. Creamy bygotto with spinach (1, 7)

TODAYS VEGETARIAN DISH

Baked celeriac with lentils, grilled squash, onions, tomato and black sesame.

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 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 ham with mustard pickles, cream cheese and lots of herbs (7)

TODAYS VEGETARIAN

Potatoes tossed in pesto, roasted pine nuts and semi-baked tomatoes (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

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

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

VEGETARIAN OPEN SANDWICHES

Beetroot salad with apple and horseradish

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy cabbage, fennel and mango with mint.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 38

THURSDAY 23rd SEPTEMBER



TODAYS WARM DISH

Bahn mi with hoisin marinated turkey, coriander, pickled daikon and carrot. Vietnamese baguette (1, 8).

TODAYS VEGETARIAN DISH

Bahn mi with coconut marinated tofu, coriander, pickled daikon and carrot (1, 8).

TODAYS VEGAN DISH

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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 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

Carrot cake with cream cheese frosting (1, 7)

TODAYS SANDWICH

Chicken salad with mushrooms, spring onions and tarragon (7)

TODAYS VEGETARIAN

Beetroot salad with apple and horseradish.

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

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

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

VEGETARIAN OPEN SANDWICHES

Beetroot salad with apple and horseradish

-

Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crudité of cauliflower and carrot with lemon, parsley and spinach.

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1. Gluten



2. Krebssdyr



7. Melk



8. Nødder

**TODAYS WARM DISH**

Baked cut of beef with rosemary, thyme, oil and spice. Crushed roots with garlic, thyme, cardamom and sherry vinegar (1).

TODAYS VEGETARIAN DISH

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

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

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

Boiled potatoes, tomato, chives and mayo.

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

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

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Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

VEGETARIAN OPEN SANDWICHES

Beetroot salad with apple and horseradish

-

Potatoes tossed with pesto, roasted pine nuts and semi-baked tomatoes (8)

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



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7. Mælk



8. Ædder