



## WEEK 38

MONDAY 20<sup>th</sup> 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

MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 38

### TUESDAY 21<sup>st</sup> September



#### 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)

-

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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**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)

-

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 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 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

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 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

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)

-

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

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

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1. Gluten



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7. Melk



8. N dder

**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**

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**

Boiled potatoes, tomato, chives and mayo.

**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)

-

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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