



TODAYS WARM DISH

Beef in red curry with coconut, nuts, leeks, carrots and red bell pepper. Served with steamed lentils (7, 8)

TODAYS VEGETARIAN DISH

Red beans in red curry with coconut, leeks, carrots and red bell pepper. Served with steamed lentils (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

Slow roasted beef in thin slices.
Couscous with apricots and grated squash.
Fried aubergine and tahini/yoghurt dressing (1, 7)

TODAYS VEGETARIAN SALAD

Grilled cheese.
Couscous with apricots and grated squash.
Fried aubergine and tahini/yoghurt dressing (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Chicken breast with romesco, basil and toasted almonds (8)

TODAYS VEGETARIAN

Potato with larch mayo and pickled onions (1)

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

Roastbeef with remoulade, horseradish and homemade crispy onions
-
Eggs and shrimps with mayonnaise and lemon (2)

VEGETARIAN OPEN SANDWICHES

Eggs and tomato with mayo and cress
-
Hummus with romesco, basil and toasted almonds (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy salads with grated cauliflower and mint

Subject to change.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder



WEEK 46 TUESDAY 16TH NOVEMBER

TODAYS WARM DISH

Baked salmon with pasta, ricotta, mushrooms, spinach, parmesan and sage (1, 7)

TODAYS VEGETARIAN DISH

Chickpeas and squash with pasta, ricotta, mushrooms with parmesan and sage (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

Baked salmon with rosemary and lemon. Pearl barley with baked onions and herbs. Mild kale and creamy mustard dressing (7)

TODAYS VEGETARIAN SALAD

Pasta salad with green pesto. Mozzarella. Several kinds of tomato and green leaves. Pea shoots (1)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Chicken salad with bell pepper, onions and peas (7)

TODAYS VEGETARIAN

Hummus with romesco, basil and toasted almonds (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

Roastbeef with remoulade, horseradish and homemade crispy onions

-

Eggs and shrimps with mayonnaise and lemon (2)

VEGETARIAN OPEN SANDWICHES

Eggs and tomato with mayo and cress

-

Hummus with romesco, basil and toasted almonds (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fresh salad leaves, frissé, radicchio and herbs

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MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 46

WEDNESDAY 17TH NOVEMBER



TODAYS WARM DISH

Tenderloin stew of Danish pork with pearl onions, bacon and sausages. Served with parboiled rice (1, 7)

TODAYS VEGETARIAN DISH

Fried aubergine with lentils, pearl onions, tomato and red pepper. Served with jasmine rice.

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

Marinated tenderloin of Danish pork 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 (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Carrot, apple, lemon and ginger

TODAYS SANDWICH

Roastbeef with remoulade, horseradish and homemade crispy onions.

TODAYS VEGETARIAN

Eggs and tomato with mayo and cress.

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

Roastbeef with remoulade, horseradish and homemade crispy onions

-

Eggs and shrimps with mayonnaise and lemon (2)

VEGETARIAN OPEN SANDWICHES

Eggs and tomato with mayo and cress

-

Hummus with romesco, basil and toasted almonds (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green beans, feta, thyme and toasted seeds (7)

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder



WEEK 46 THURSDAY 18TH NOVEMBER

TODAYS WARM DISH

Beer braised roast of veal with thyme, celery, apple and mushrooms. Served with mashed potatoes with mild garlic and virgin olive oil (1, 7)

TODAYS VEGETARIAN DISH

Beer braised roots with butterbeans, thyme, apple and mushrooms. Served with mashed potatoes with mild garlic and virgin olive oil (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

Asian inspired veal.
Rice noodles with carrot, lime and sesame.
Cucumber and spring onions.

TODAYS VEGETARIAN SALAD

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

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Truffles (7)

TODAYS SANDWICH

Fish cakes with frissé, dill and sauce verte

TODAYS VEGETARIAN

Creamy cottage cheese with grilled greens (7)

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

Roastbeef with remoulade, horseradish and homemade crispy onions

-

Eggs and shrimps with mayonnaise and lemon (2)

VEGETARIAN OPEN SANDWICHES

Eggs and tomato with mayo and cress

-

Hummus with romesco, basil and toasted almonds (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salsa fresco – fresh salsa with lime, chili and spring onions

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WEEK 46

FRIDAY 19TH NOVEMBER

TODAYS WARM DISH

Grandma's chicken with gravy. Served with boiled potatoes with pickled cucumber (1, 7)

TODAYS VEGETARIAN DISH

Lentil patties with a variation of mushrooms in mushroom jus. Served with boiled potatoes (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

Chicken.
Pasta with pesto and toasted seeds.
Several kinds of tomato and basil. Parmesan (1, 7)

TODAYS VEGETARIAN SALAD

Mozzarella.
Pasta with pesto and toasted 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

Veal breast with mojo, salted almonds and pea shoots (8)

TODAYS VEGETARIAN

Lentil patties with variation of mushrooms

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

Roastbeef with remoulade, horseradish and homemade crispy onions
-
Eggs and shrimps with mayonnaise and lemon (2)

VEGETARIAN OPEN SANDWICHES

Eggs and tomato with mayo and cress
-
Hummus with romesco, basil and toasted almonds (8)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Hispi cabbage with dill, parsley, sunflower seeds, julienne of carrot and pear vinaigrette

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