



## WEEK 48

MONDAY 29<sup>TH</sup> NOVEMBER

### TODAYS WARM DISH

Chicken thighs with herbs marinade.

Wheat kernels with squares of carrot, celeriac and bell pepper (1).

Red mojo (8).

### TODAYS VEGETARIAN DISH

Cassoulet with seasonal vegetables, white beans and tomato.

Wheat kernels with squares of carrot, celeriac and bell pepper (1).

Red mojo (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

Carrots baked with apple cider and cumin.

Crispy kale with pomegranate seeds.

Light salted duck and toasted pine nuts.

### TODAYS VEGETARIAN SALAD

Carrots baked with apple cider and cumin.

Crispy kale with pomegranate seeds.

White Balkan cheese and toasted pine nuts (7).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

Fresh raw salad with apples, orange, raisins and toasted sunflower seeds.

Subject to change.

Meyers signs only with allergens shown on the **4 icons**:

Pay attention to the number assigned to each allergen icon and look for it in the menu text. The food may contain allergens other than the 4 icons. For more information about further allergens, please contact Meyers Lunch Kitchen on 39 18 69 00



1. Gluten



2. Krebssdyr



7. Mælk



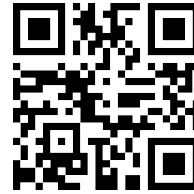
8. Nødder

MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 48

### TUESDAY 30<sup>TH</sup> NOVEMBER



#### TODAYS WARM DISH

Braised beef shanks "a la osso buco" in rich tomato sauce with white wine and mild garlic.  
Mashed potatoes with truffle oil (7).  
Marinated olives with parsley and lemon.

#### TODAYS VEGETARIAN DISH

Ratatouille in tomato of squash, aubergine and bell peppers.  
Mashed potatoes with truffle oil (7).  
Marinated olives with parsley and lemon.

#### 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

Baked and raw beetroot with mint and orange.  
Rye kernels and light smoked pork.  
Yoghurt dressing (1, 7).

#### TODAYS VEGETARIAN SALAD

Baked and raw beetroot with mint and orange.  
Chickpeas and yoghurt dressing (1, 7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Salad, arugula, red leaves and lemon dressing.

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1. Gluten



2. Krebsskyl



7. Mælk



8. Nødder

MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 48

### WEDNESDAY 1<sup>ST</sup> DECEMBER



#### TODAYS WARM DISH

Glazed ham with mustard and brown sugar.

Creamed potatoes with leeks, thyme and 'Vesterhavsost' (1, 7)

Pickled red onions.

#### TODAYS VEGETARIAN DISH

Vegetable meatloaf with herbs and mushrooms. Served with thyme roasted squash.

Creamed potatoes with leeks, thyme and 'Vesterhavsost' (1, 7).

Pickled red onions

#### TODAYS VEGAN DISH

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#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### TODAYS SALAD

Crispy salad leaved and pickled onions.

Roasted potatoes and chicken breast.

Parmesan dressing (7)

#### TODAYS VEGETARIAN SALAD

Crispy salad leaves and pickled onions.

Roasted potatoes and boiled eggs.

Parmesan dressing (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Vegetarian Cesar salad with tarragon (7)

#### TODAYS SHOT

Ginger, apple and lemon

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1. Gluten



2. Krebsskyl



7. Mælk



8. Nødder



## WEEK 48

### THURSDAY 2<sup>ND</sup> DECEMBER

#### TODAYS WARM DISH

Korean spicy turkey with warm salad of pickled carrot, steamed kale, fried mushrooms and pickled daikon, tossed with toasted sesame (1).  
Steamed rice and kimchi.

#### TODAYS VEGETARIAN DISH

Korean spiced celeriac with warm salad of pickled carrot, steamed kale, fried mushrooms and pickled daikon, tossed with toasted sesame (1).  
Steamed rice and kimchi.

#### TODAYS VEGAN DISH

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#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### TODAYS SALAD

Wholegrain bulgur with parsley and mint.  
Fresh tomato, cucumber and red onions.  
Roasted turkey breast.  
Skyr with feta and olives (1, 7).

#### TODAYS VEGETARIAN SALAD

Whole grain bulgur with parsley and mint.  
Fresh tomato, cucumber and red onions.  
Big white beans.  
Skyr with feta and olives (1, 7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Salad of three kinds of kale with split pea puree.

#### TODAYS CAKE

Apple cake (1, 7, 8)

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## WEEK 48

### FRIDAY 3<sup>RD</sup> DECEMBER

#### TODAYS WARM DISH

Slow cooked BBQ-marinated beef brisket in brioche bun (1, 7).  
Smoked chipotle mayo.

#### TODAYS VEGETARIAN DISH

Vegan patty with beans, oat fibers, beetroot and herbs (1).  
Smoked chipotle mayo.

#### TODAYS VEGAN DISH

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#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### TODAYS SALAD

White quinoa with tomato and coriander.  
Crispy hispi cabbage.  
Slow roasted beef with chili.  
Bean crème with lemon.

#### TODAYS VEGETARIAN SALAD

White quinoa with tomato and coriander.  
Crispy hispi cabbage.  
Emmenthaler with chili marinade.  
Bean crème with lemon (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Creamy kale salad with celery, apple and herbs (7).

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