



## WEEK 49

### MONDAY 6<sup>TH</sup> DECEMBER

#### TODAYS WARM DISH

Coq au vin with free range chicken, smoked bacon, small onions and mushrooms.  
Mashed potatoes with organic butter (7).  
Marinated pickled yellow beets with shallots and parsley.

#### TODAYS VEGETARIAN DISH

Pie with ragout of seasonal roots, mushrooms and split peas – gratinated with potato compote.  
Mashed potatoes with organic butter (7).  
Marinated pickled yellow beets with shallots and parsley.

#### 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

Grilled and raw broccoli with lots of dill.  
Steamed pearl barley.  
Smoked cod and creamy dressing with capers (7).

#### TODAYS VEGETARIAN SALAD

Grilled and raw broccoli with lots of dill.  
Steamed pearl barley.  
Boiled eggs and creamy dressing with capers (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Asian raw salad with sesame, ginger and soy.

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. Æg



## WEEK 49

### TUESDAY 7<sup>TH</sup> DECEMBER

#### TODAYS WARM DISH

Roasted beef, egg noodles, kale, beansprouts and tamarind. Topped with spring onions and coriander (1).

Nam chi kai – sweet chili sauce with lemon grass.

#### TODAYS VEGETARIAN DISH

Wok – egg noodles with kale, beansprouts and tamarind.

Nam chi kai – sweet chili sauce with lemon grass.

#### 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

Noodles with carrot, lime and sesame.

Cucumber and leeks in rice vinegar.

Tender loin of pork with Sichuan pepper.

#### TODAYS VEGETARIAN SALAD

Noodles with carrots, lime and sesame.

Cucumber and leeks in rice vinegar.

Fried egg.

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

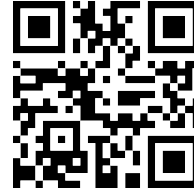
#### WITH THE WARM DISH

Roasted carrots and baby spinach with tahini vinaigrette and sumac.

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## WEEK 49

### WEDNESDAY 8<sup>TH</sup> DECEMBER

#### TODAYS WARM DISH

Meyers meatballs in putanesca tomato sauce.  
Lentils with herbs and thyme.  
Fresh chutney of mint, cucumber and dill.

#### TODAYS VEGETARIAN DISH

Vegetable meatballs in putanesca tomato sauce (1)  
Lentils with herbs and thyme.  
Fresh chutney of mint, cucumber and dill.

#### 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

Raw and roasted brussels sprouts.  
Baked Jerusalem artichokes in apple cider.  
Chicken.  
Sunflower crème.

#### TODAYS VEGETARIAN SALAD

Raw and roasted brussels sprouts.  
Baked Jerusalem artichokes in apple cider.  
Smoked cheese (7).  
Sunflower crème.

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Crispy salads, red radicchio, squash and parsley.

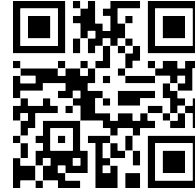
#### TODAYS SHOT

Carrot, apple, lemon and ginger.

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## WEEK 49 THURSDAY 9<sup>TH</sup> DECEMBER

### TODAYS WARM DISH

Paella with tomato, vegetables, turkey, shrimps and turkey chorizo (1, 2).  
Crispy green beans, spring onions and parsley.

### TODAYS VEGETARIAN DISH

Vegetable paella with mushrooms and vegetables.  
Crispy green beans, spring onions and parsley.

### 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

Several kinds of tomatoes and a mix of roasted vegetables with balsamic.  
Crispy bread (1).  
Boiled eggs.  
Basil salsa.

### TODAYS VEGETARIAN SALAD

Several kinds of tomatoes and a mix of roasted vegetables with balsamic.  
Crispy bread.  
Butterbeans.  
Basil salsa.

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

Cauliflower salad with chickpeas, sweet peppers, Dijon vinaigrette, capers and tarragon.

### TODAYS CAKE

Raspberry mousse (1, 7, 8)

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## WEEK 49

### FRIDAY 10<sup>TH</sup> DECEMBER

#### TODAYS WARM DISH

Roast of veal – slow cooked with thyme, mild garlic and traditional beef jus topping.  
Roasted potatoes with rosemary.  
Bearnaise crème.

#### TODAYS VEGETARIAN DISH

Slices of roasted celeriac with celery puree, pickled onions and parsley oil (7).  
Roasted potatoes with rosemary.  
Bearnaise crème.

#### 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

Chickpeas with coriander and mint.  
Cucumber, fennel and mango.  
Light salted duck.  
Tandoori yoghurt (7).

#### TODAYS VEGETARIAN SALAD

Chickpeas with coriander and mint.  
Cucumber, fennel and mango.  
Feta.  
Tandoori yoghurt (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Julienne of beetroots with larch salsa, mild onions, broccoli and toasted sunflower seeds.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder