



WEEK 49

MONDAY 6TH DECEMBER

TODAYS WARM DISH

Italian meatballs in tomato sauce with onions, garlic, carrots and celery. Served with pasta penne tossed with olive tapenade (1, 7).

TODAYS VEGETARIAN DISH

Vegetable meatballs in tomato sauce with onions, garlic, carrots and celery. Served with pasta penne tossed with olive tapenade (1).

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

Cesar salad with romaine lettuce, Meyers Cesar dressing, organic grains with pickled onions and herbs, fried chicken and topped with parmesan (1).

TODAYS VEGETARIAN SALAD

Cesar salad with romaine lettuce, Meyers Cesar dressing, organic grains with pickled onions and herbs, fried tempeh and topped with parmesan (1).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Fiskcakes with remoulade and lemon (1).

TODAYS VEGETARIAN

Egg salad with cottage cheese and herbs (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

Roastbeef with fried onions and remoulade
-
Eggs and tomato

VEGETARIAN OPEN SANDWICHES

Eggs and tomato
-
Potatoes with pesto and semidried tomatoes

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

3 kinds of kale salad with daikon and lemon dressing.

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



WEEK 49

TUESDAY 7TH DECEMBER

TODAYS WARM DISH

Glazed ham with mustard sauce and boiled potatoes (1, 7).

TODAYS VEGETARIAN DISH

Spiced bean meatloaf with mustard sauce and 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

Marinated pork. Marjoram baked carrots with white quinoa, pea crème, feta and toasted pumpkin seeds (7).

TODAYS VEGETARIAN SALAD

Fried halloumi. Marjoram baked carrots with white quinoa, pea crème, feta and toasted pumpkin seeds (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Veal breast with horseradish crème and capers.

TODAYS VEGETARIAN

Pea crème, feta and toasted pumpkin seeds (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

Roastbeef with fried onions and remoulade
-
Eggs and tomato

VEGETARIAN OPEN SANDWICHES

Eggs and tomato
-
Potatoes with pesto and semidried tomatoes

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green salad with vinaigrette and a variation of peas.

Subject to change.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

**TODAYS WARM DISH**

Indian chicken tikka masala with cardamom, cumin and lemon juice. Served with rice with turmeric.

TODAYS VEGETARIAN DISH

Indian tikka masala with beans, cardamom, cumin and lemon juice. Served with rice with turmeric.

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

Red salads with lemon, pearl barley, smoked duck breast. White bean spread, crunch of almonds and duck skin (1, 8).

TODAYS VEGETARIAN SALAD

Red salads with lemon, pearl barley, sheep's feta. White bean spread, toasted almonds (1, 7, 8).

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 fried onions and remoulade.

TODAYS VEGETARIAN

Egg and tomato.

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 fried onions and remoulade

-
Eggs and tomato

VEGETARIAN OPEN SANDWICHES

Eggs and tomato

-
Potatoes with pesto and semidried tomatoes

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Fennel and apple salad with arugula and herbs.

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1. Gluten



2. Krebssdyr



7. Melk



8. Nødder



WEEK 49

THURSDAY 9TH DECEMBER

TODAYS WARM DISH

Slow roasted beef with sweet/sour marinade.
Egg noodle with kale, mushrooms, carrots and tamarind (1).

TODAYS VEGETARIAN DISH

Rice noodles with aubergine, kale, mushrooms, carrots and tamarind (1).

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

Spinach and crispy salad. Chickpeas and red onions in tomato vinaigrette. Marinated turkey. Yoghurt with sumac (7).

TODAYS VEGETARIAN SALAD

Spinach and crispy salad. Chickpeas and red onions in tomato vinaigrette. Feta cheese. Yoghurt with sumac (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Apple cake (1, 7, 8)

TODAYS SANDWICH

Ham and cheese (7).

TODAYS VEGETARIAN

Potato with pesto and semi dried tomatoes.

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 fried onions and remoulade

-

Eggs and tomato

VEGETARIAN OPEN SANDWICHES

Eggs and tomato

-

Potatoes with pesto and semidried tomatoes

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad with grandma's dressing, radishes and spring onions.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Ædder



WEEK 49 FRIDAY 10TH DECEMBER

TODAYS WARM DISH

Roasted duck thigh with Christmas risotto with onions, mushrooms, celery, toasted nuts and herbs (7, 8).

TODAYS VEGETARIAN DISH

Roasted endive – Christmas risotto with mushrooms, celery, toasted nuts and herbs (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

Marinated shrimps. Tomatoes in several colors, turnip cabbage, cucumber and basil. Smoked tomato crème (2).

TODAYS VEGETARIAN SALAD

Roasted cauliflower with lemon. Tomatoes in several colors, turnip cabbage, cucumber and basil. Smoked tomato crème.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Roast of pork with red onions and pickled cucumber.

TODAYS VEGETARIAN

Variation of tomato with smoked tomato crème.

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 fried onions and remoulade

-
Eggs and tomato

VEGETARIAN OPEN SANDWICHES

Eggs and tomato

-
Potatoes with pesto and semidried tomatoes

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Beetroot salad with feta and sunflower seeds (7).

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1. Gluten



2. Krebssdyr



7. Mælk



8. Ædder