

## WEEK 3

### MONDAY 17<sup>TH</sup> JANUARY

#### TODAYS WARM DISH

Meatballs of danish pork in creamy curry sauce.  
Steamed wheat kernels with herb oil.  
Carrot with oregano and tarragon (1, 7).

#### TODAYS VEGETARIAN DISH

Butterbeans and mushrooms 'meat' balls in creamy curry sauce.  
Steamed wheat kernels with herb oil.  
Carrot with oregano and tarragon (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

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 cooked beef in thin slices.  
Couscous with apricot and grated squash.  
Roasted aubergine and tahini/yoghurt dressing (1, 7).

#### TODAYS VEGETARIAN SALAD

Grilled cheese.  
Couscous with apricot and grated squash.  
Roasted 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 with bacon and curry dressing (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

Ham and Italian salad  
-  
Organic eggs with tomato, chives and mayonnaise

#### VEGETARIAN OPEN SANDWICHES

Potato with pesto and semi dried tomatoes  
-  
Hummus with sumac (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Chopped red hispi cabbage with salad onions, parsley and tomato vinaigrette.

Subject to change.

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MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 3

### TUESDAY 18<sup>TH</sup> JANUARY



#### TODAYS WARM DISH

Turkey with Korean BBQ and sesame.  
Noodles with sweet/sour sauce and roasted greens.  
Spring onions, pickled carrot and daikon (1, 8).

#### TODAYS VEGETARIAN DISH

Beans with Korean BBQ and sesame.  
Noodles with sweet/sour sauce and roasted greens.  
Spring onions, pickled carrot and daikon.

#### 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 (1).  
Mild kale and creamy mustard dressing (7).

#### TODAYS VEGETARIAN SALAD

Butterbeans with rosemary and lemon.  
Pearl barley with baked onions and herbs (1).  
Mild kale and creamy mustard dressing (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SANDWICH

Pulled duck thighs with pickled pumpkin.

#### TODAYS VEGETARIAN

Hummus with sumac (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

Ham and Italian salad  
-  
Organic eggs with tomato, chives and mayonnaise

#### VEGETARIAN OPEN SANDWICHES

Potato with pesto and semi dried tomatoes  
-  
Hummus with sumac (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Italian inspired salad with feta, olives and red onions (7).

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1. Gluten



2. Krebsskud



7. Melk



8. Nødder

MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 3

### WEDNESDAY 19<sup>TH</sup> JANUARY



#### TODAYS WARM DISH

Beef stew with carrots, lime and cinnamon.  
Roasted potatoes with garlic, olive oil and sage.  
Spiced plums, ginger and rhubarb (1).

#### TODAYS VEGETARIAN DISH

Courgettes with carrots, lime and cinnamon.  
Roasted potatoes with garlic, olive oil and sage.  
Spiced plums, ginger and rhubarb.

#### 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 (2, 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

Ham , cheese, tomato, cucumber and pickled red onions.

#### TODAYS VEGETARIAN

Organic eggs with tomato, chives and mayonnaise.

#### 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

Ham and Italian salad

-

Organic eggs with tomato, chives and mayonnaise

#### VEGETARIAN OPEN SANDWICHES

Potato with pesto and semi dried tomatoes

-

Hummus with sumac (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Carrots, spinach, radishes, toasted fennel seeds and sour vinaigrette.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

## WEEK 3 THURSDAY 20<sup>TH</sup> JANUARY

### TODAYS WARM DISH

Greek inspired chicken with olives and herbs.  
Steamed spelt kernels with rosemary and mild garlic and tzatziki (1, 7).

### TODAYS VEGETARIAN DISH

Greek inspired aubergine with olives and rosemary.  
Boiled potatoes and tzatziki (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

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

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

### TODAYS VEGETARIAN SALAD

Roasted 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

Danish 'Studenterbrød' (1, 7).

### TODAYS SANDWICH

Beef salami with apple compote and cress.

### TODAYS VEGETARIAN

Bean spread of edamame beans and a variation of sprouts.

### 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

Ham and Italian salad  
-  
Organic eggs with tomato, chives and mayonnaise

### VEGETARIAN OPEN SANDWICHES

Potato with pesto and semi dried tomatoes  
-  
Hummus with sumac (8)

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Green beans, cauliflower rice and spices tomato dressing.

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## WEEK 3

### FRIDAY 21<sup>ST</sup> JANUARY

#### TODAYS WARM DISH

Glazed ham with mustard sauce.  
Potatoes in cream and parsley mix (1, 7).

#### TODAYS VEGETARIAN DISH

Glazed celeriac with mustard sauce.  
Potatoes and parsley mix.

#### 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.  
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

Brisket of beef with mojo and pea shoots.

#### TODAYS VEGETARIAN

Tomato variation with pesto.

#### 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

Ham and Italian salad  
-  
Organic eggs with tomato, chives and mayonnaise

#### VEGETARIAN OPEN SANDWICHES

Potato with pesto and semi dried tomatoes  
-  
Hummus with sumac (8)

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Variation of kale with pickled pumpkin with apple juice.

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