

## WEEK 3 MONDAY 17<sup>TH</sup> JANUARY

### TODAYS WARM DISH

Chicken thigh roasted with herbs, garlic and lemon.  
Roasted small potatoes with green herbs.  
Smoked cream sauce (7), pickled turnip cabbage and cucumber fennel seeds.

### TODAYS VEGETARIAN DISH

Gnocchi with kale, Jerusalem artichokes, lingonberries and crispy seeds.

### 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 pumpkin on sesame hummus with baked salmon, crispy leaves and herb topping.

### TODAYS VEGETARIAN SALAD

Grilled pumpkin on sesame hummus with eggs, crispy leaves and herb topping.

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

Crudit  of cauliflower and carrot with lemon, parsley and spinach.

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**



MEYERS  
FROKOST  
KØKKEN

# PORTIONS- PAKKET

## WEEK 3

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



#### TODAYS WARM DISH

Tender roast of slow cooked danish pork in tomato sauce with olives.  
Roasted butternut squash with onion and thyme.  
Gremolata.

#### TODAYS VEGETARIAN DISH

Moussaka with aubergines, potatoes and crispy topping (1, 7).  
Gremolata.

#### 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

Baked and raw beetroot with mint-yoghurt and orange.  
Rye kernels and roasted duck breast (1, 7).

#### TODAYS VEGETARIAN SALAD

Baked and raw beetroot with mint-yoghurt and orange.  
Rye kernels and marinated chickpeas (1, 7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Green and crispy leaves with turnip cabbage and vinaigrette.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

## WEEK 3 WEDNESDAY 19<sup>TH</sup> JANUARY

### TODAYS WARM DISH

Roasted duck thighs with hoisin, toasted sesame and fried garlic (1).  
Egg noodles with daikon, mushrooms, spring onions, pepper, red onions and soy marinated with Chinese five spice (1).  
Julienne of chili pickled pumpkin.

### TODAYS VEGETARIAN DISH

Butter-tofu with garam masala, vegetables, coriander and ginger (7).  
Steamed basmati rice with warm spices.  
Spring onions, mint and coriander.

### 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 carrots, roasted pork, quinoa, baby spinach and feta crème (7).

### TODAYS VEGETARIAN SALAD

Grilled carrots, quinoa, baby spinach, pickled celery, feta crème and fried tofu (7).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

3 kinds of kale with daikon and lemon dressing.

### TODAYS SHOT

Ginger, apple, lemon

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

### TODAYS WARM DISH

Baked beef with rosemary, thyme, oil and spice (1, 7).  
Baked roots with garlic, thyme, cardamom and sherry vinegar.

### TODAYS VEGETARIAN DISH

Baked squash Melanzana style with crispy topping (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

Chickpeas, baked aubergine, tahini dressing, crispy salad, roasted chicken and toasted cashew nuts (7, 8).

### TODAYS VEGETARIAN SALAD

Chickpeas, baked aubergine, tahini dressing, egg and toasted cashew nuts (7, 8).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

Spinach with green beans, broccoli and spring onions.

### TODAYS CAKE

Chocolate tart (1, 7, 8).

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## WEEK 3 FRIDAY 21<sup>ST</sup> JANUARY

### TODAYS WARM DISH

Veal breast Indian style with lentils, chickpeas, potatoes, tomatoes and coconut.  
Steamed basmati rice with cardamom.  
Apple-chutney with raisins.

### TODAYS VEGETARIAN DISH

Palak paneer – paneer in coconut with spinach and potato (7).  
Steamed basmati rice with cardamom.

### 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

Crispy kale, fennel and mango vinaigrette with coriander.  
Glass noodles and fried beef.

### TODAYS VEGETARIAN SALAD

Crispy kale, fennel and mango vinaigrette with coriander.  
Glass noodles and fried tofu.

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### WITH THE WARM DISH

Salad of celery, several kinds of peas, cucumber and mint.

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