

WEEK 4 MONDAY 24TH JANUARY

TODAYS WARM DISH

Meyers chili con carne with lots of beans and greens with dark chocolate.
Steamed rice and crème fraiche with fresh mint (7).

TODAYS VEGETARIAN DISH

Vegan chili con carne with dark chocolate.
Served with rice and mint crème.

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, baked with parsley roots.
Quinoa with corn, tomato and spinach.

TODAYS VEGETARIAN SALAD

Baked cheese, baked with parsley roots.
Quinoa with corn, tomato and spinach (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Danish cold cut of spiced veal with Russian salad.

TODAYS VEGETARIAN

Potato with baked cherry tomato and tomato 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

Roast beef with remoulade with pickled cucumbers, horseradish and crispy onions
-
'Dyrlægens natmad'

VEGETARIAN OPEN SANDWICHES

Potato with cherry tomato and tomato mayonnaise
-
Creamy mushroom salad with asparagus, pickled celery and crispy onions

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy salads with cranberries and herb pesto.

Subject to change.

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MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 4

TUESDAY 25TH JANUARY



TODAYS WARM DISH

Meyers 'frikadeller' with stewed cabbage, potatoes and fresh herbs (1, 7).

TODAYS VEGETARIAN DISH

Celery/mushroom cakes with stewed cabbage, small boiled potatoes and fresh herbs.

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

Roasted chicken.
Couscous with grilled squash, cucumber, cherry tomato and dill (1).

TODAYS VEGETARIAN SALAD

Fried tofu.
Couscous with grilled squash, cucumber, cherry tomato and dill (1).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Serrano ham with melon salsa.

TODAYS VEGETARIAN

Beetroot hummus with baked greens.

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

Roast beef with remoulade with pickled cucumbers, horseradish and crispy onions
-
'Dyrlægens natmad'

VEGETARIAN OPEN SANDWICHES

Potato with cherry tomato and tomato mayonnaise
-
Creamy mushroom salad with asparagus, pickled celery and crispy onions

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad of peas, cauliflower and hispi cabbage with mustard vinaigrette.

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

TODAYS WARM DISH

Baked salmon with sesame.
Noodles with daikon, turnip cabbage and soy/lime sauce.

TODAYS VEGETARIAN DISH

Baked squash with sesame.
Noodles with daikon, turnip cabbage and soy/lime sauce.

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 noodles.
Crudité of fennel and carrots with dill, peanuts and lime dressing (8).

TODAYS VEGETARIAN SALAD

Roasted chickpeas with noodles.
Crudité of fennel and carrots with dill, peanuts and lime dressing (8).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Tomato, celery, ginger and apple.

TODAYS SANDWICH

Roast beef with remoulade, pickled cucumber and horseradish and crispy onions.

TODAYS VEGETARIAN

Creamy mushroom salad with asparagus, pickled celery and crispy onions.

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

Roast beef with remoulade with pickled cucumbers, horseradish and crispy onions
-
'Dyrlægens natmad'

VEGETARIAN OPEN SANDWICHES

Potato with cherry tomato and tomato mayonnaise
-
Creamy mushroom salad with asparagus, pickled celery and crispy onions

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Lacinato kale with mango, sugar snaps and couscous (1).

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WEEK 4 THURSDAY 27TH JANUARY

TODAYS WARM DISH

Tortilla with spinach, potatoes, tomato, herb salt and fried bacon.

Crème fraiche curry dressing and spring onions (7).

TODAYS VEGETARIAN DISH

Vegan tortilla with spinach, potatoes, tomato and roasted Jerusalem artichokes.

TODAYS VEGAN DISH

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TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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TODAYS SALAD

Pulled beef with BBQ.

Pearl barley salad with grilled pepper, corn, cucumber, crispy salad and sumac dressing (1).

TODAYS VEGETARIAN SALAD

Falafel.

Pearl barley salad with grilled pepper, corn, cucumber, crispy salad and sumac dressing (1).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Jerusalem artichoke cake (1, 7).

TODAYS SANDWICH

Chicken salad with sundried tomato and carrots.

TODAYS VEGETARIAN

Salt baked celery with mushroom mayonnaise and pickled mushrooms.

TODAYS VEGAN SANDWICH

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TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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WEEKLY OPEN SANDWICHES

Roast beef with remoulade with pickled cucumbers, horseradish and crispy onions

-
'Dyrlægens natmad'

VEGETARIAN OPEN SANDWICHES

Potato with cherry tomato and tomato mayonnaise

-
Creamy mushroom salad with asparagus, pickled celery and crispy onions

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Chickpea salad with hispi cabbage and purple kale with pumpkin seeds and 'mormor' dressing (7).

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WEEK 4 FRIDAY 28TH JANUARY

TODAYS WARM DISH

Roasted chicken with baked carrots, pickled cucumber and rhubarb compote.
Herb roasted potatoes and parsley.

TODAYS VEGETARIAN DISH

Roasted portobello with baked carrots, pickled cucumber and rhubarb compote.

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

Fried bacon.
Potato salad with green beans and baked red onions in creamy dressing and crispy salad (7).

TODAYS VEGETARIAN SALAD

Fried soy-meat.
Potato salad with green beans and baked red onions in creamy dressing and crispy salad (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Ham with parsley mayonnaise and pickled carrots.

TODAYS VEGETARIAN

Pea spread with baked chickpeas.

TODAYS VEGAN SANDWICH

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TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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WEEKLY OPEN SANDWICHES

Roast beef with remoulade with pickled cucumbers, horseradish and crispy onions
-
'Dyrlægens natmad'

VEGETARIAN OPEN SANDWICHES

Potato with cherry tomato and tomato mayonnaise
-
Creamy mushroom salad with asparagus, pickled celery and crispy onions

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Romaine lettuce with cucumber and parmesan (7).

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