

WEEK 4 MONDAY 24TH JANUARY

TODAYS WARM DISH

Chicken in red curry with coconut, chili and lime leaves.
Steamed basmati rice.
Chili pickled cucumber and shallots.

TODAYS VEGETARIAN DISH

Sweet potatoes in spiced sauce with coconut, cardamom and ginger (8).
Steamed basmati rice and peanut sprinkle (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

Roasted chicken breast, grilled and raw broccoli, salad leaves with steamed split peas and lots of thai basil.

TODAYS VEGETARIAN SALAD

Grilled and raw broccoli, salad leaves with steamed split peas and lots of thai basil.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Two kinds of radishes and kale with spring onions and sesame.

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**



WEEK 4 TUESDAY 25TH JANUARY

TODAYS WARM DISH

Danish 'Skibberlabskovs' with salted veal breast, potatoes and onions (7).
Raw and baked beetroots in cherry vinegar with lots of chives.

TODAYS VEGETARIAN DISH

Frittata with potatoes, spinach and fresh mozzarella (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

Salad of cauliflower crudité, beluga lentils, cucumber, tomato and red onions.
Creamy herb yoghurt with roasted turkey (7).

TODAYS VEGETARIAN SALAD

Salad of cauliflower crudité, beluga lentils, cucumber, tomato and red onions.
Creamy herb yoghurt with organic eggs (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Salad leaves, arugula, red leaves and lemon dressing.

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WEEK 4 WEDNESDAY 26TH JANUARY

TODAYS WARM DISH

Roast of danish pork, braised with apple juice and herbs.
Creamy bygotto with mushrooms and cress (7).
Tomato relish.

TODAYS VEGETARIAN DISH

Vegan meatloaf with herbs and mushrooms.
Served with thyme roasted squash and creamy quinoa and celery.
Tomato relish.

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 and raw hispi cabbage, cream cheese, spinach, Meyers balsamico, duck confit and fried buckwheat (7).

TODAYS VEGETARIAN SALAD

Baked and raw hispi cabbage, cream cheese, spinach, semidried tomatoes, Meyers balsamico, butterbeans and fried buckwheat (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Green leaves with herbs, pickled red onions and mustard vinaigrette.

TODAYS SHOT

Cucumber, ginger, lemon.

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1. Gluten



2. Krebsdyr



7. Mælk



8. Æg

WEEK 4 THURSDAY 27TH JANUARY

TODAYS WARM DISH

Fish cakes of cod and salmon with dill (1).
Roasted potatoes with kale.
Tartare sauce and lemon.

TODAYS VEGETARIAN DISH

Veggie cakes with mushrooms and thyme.
Roasted potatoes with kale.
Tartare sauce and lemon.

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 aubergines with baby spinach, hummus, parsley and pomegranate vinaigrette with meatballs (7).

TODAYS VEGETARIAN SALAD

Grilled aubergines with baby spinach, marinated chickpeas, salad cheese, hummus, parsley and pomegranate vinaigrette (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Fresh raw salad with apples and raisins and toasted sunflower seeds.

TODAYS CAKE

Carrot muffin (1).

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WEEK 4 FRIDAY 28TH JANUARY

TODAYS WARM DISH

Slow roasted brisket of beef with beetroot-BBQ.
Brioche bun (1, 7).
Baked half potatoes with smoked paprika.
Smoked chipotle mayo and cucumber.

TODAYS VEGETARIAN DISH

Burger of black beans, mushrooms and tempeh.
Brioche bun (1, 7).
Baked half potatoes with smoked paprika.
Smoked chipotle mayo and cucumber.

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

Salad of roasted roots, black quinoa, salad, pickled chili, lemon emulsion and slow cooked pork.

TODAYS VEGETARIAN SALAD

Salad of roasted roots, black quinoa, salad, pickled chili, lemon emulsion and falafels.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Creamy kale salad with celery, apple and herbs.

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MEYERS FROKOST KØKKEN

PORTIONS- PAKKET



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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder