

WEEK 5 MONDAY 31ST JANUARY

TODAYS WARM DISH

Biff Rydberg with mustard marinated veal, butter roasted potatoes and soft onions (7).
Served with mustard crème.

TODAYS VEGETARIAN DISH

Veggie Rydberg with celeriac, roasted with mustard and smoke.
Served with roasted potatoes and soft onions and mustard 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

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

Pinto beans, haricots verts, salad, tomatoes, peppers and fresh oregano.
Served with white bean crème and beef brisket.

TODAYS VEGETARIAN SALAD

Pinto beans, haricots verts, salad, tomatoes, peppers and fresh oregano.
Served with white bean crème and organic eggs.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Beetroot salad with black currants, red endive and parsley.

Subject to change.

Meyers signs only with allergens shown on the **4 icons**:
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WEEK 5 TUESDAY 1ST FEBRUARY

TODAYS WARM DISH

Coq au Riesling with danish chicken, small onions and mushrooms (1, 7).
Served with rice and marinated pickled yellow beets with parsley.

TODAYS VEGETARIAN DISH

Cauliflower gratin with mushrooms and fresh herbs – gratinated with cheese and breadcrumbs (1, 7). Served with marinated pickled yellow beets with parsley.

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

Salad of pearl barley, kale, celery, parsley and squares of yellow beets.
Roasted pork and lentil crème.

TODAYS VEGETARIAN SALAD

Salad of pearl barley, kale, celery, parsley and squares of yellow beets.
Marinated tofu and lentil crème.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Crispy salads, red radicchio, salted and raw squash and herbs.

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WEEK 5 WEDNESDAY 2ND FEBRUARY

TODAYS WARM DISH

'Frikadeller' of freerange pork (1, 7).
Pickled greens in apple cider.
Baked red cabbage with pickled mustard seeds and thyme.

TODAYS VEGETARIAN DISH

Beetroot patties of organic beetroots.
Pickled greens in apple cider.
Baked red cabbage with pickled mustard seeds and thyme.

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

Cauliflower couscous with mint, dill, lemon peel and almonds (8).
Cauliflower puree and salmon.

TODAYS VEGETARIAN SALAD

Cauliflower couscous with mint, dill, lemon peel, salad and almonds (8).
Cauliflower puree and butterbeans.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Classic creamy potato salad and fresh herbs (7).

TODAYS SHOT

Beetroot, ginger and lemon.

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WEEK 5 THURSDAY 3RD FEBRUARY

TODAYS WARM DISH

Turkey Korma with cabbage and leeks (7).
Aromatic organic basmati rice.
Mango pickle with chili and fenugreek seeds.

TODAYS VEGETARIAN DISH

Veggie Korma with potato and chickpeas (7).
Aromatic organic basmati rice.
Mango pickle with chili and fenugreek seeds.

TODAYS VEGAN DISH

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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

Roasted carrots with curry and lentil crème, sprinkles with nigella and dill.
Served with roasted chicken.

TODAYS VEGETARIAN SALAD

Roasted carrots with curry and lentil crème, sprinkled with nigella, dill and marinated chickpeas (7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Pumpkin with kale, mandarin and fresh coriander.

TODAYS CAKE

Mazarin cake (1, 7, 8).

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WEEK 5 FRIDAY 4TH FEBRUARY

TODAYS WARM DISH

Chicken, marinated with warm spiced and roasted vegetables.
Warm durum bread (1).
Creamy chili dressing (7).

TODAYS VEGETARIAN DISH

Chickpea falafels with mushrooms and parsley.
Warm durum bread (1).
Creamy chili dressing (7).

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

Green leafy salads with radishes, pickled red onions, rice noodles and lemon dressing.
Marinated beef and peanuts (8).

TODAYS VEGETARIAN SALAD

Green leafy salads with radishes, pickled red onions, rice noodles, sea weed, edamame beans and lemon dressing.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

WITH THE WARM DISH

Bulgur with fresh tomato, parsley, cucumber and mint (1).

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MEYERS FROKOST KØKKEN

PORTIONS- PAKKET



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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder