

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 (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

Chicken salad with pasta, green pesto, cucumber and red pepper.

TODAYS VEGETARIAN SALAD

Fried tofu salad with pasta, green pesto, tomato, cucumber and red pepper.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Smoked salmon with dill crème.

TODAYS VEGETARIAN

Egg salad with tomato.

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 – classic with remoulade and fried onions (1)

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Eggs and shrimps with herb mayonnaise

VEGETARIAN OPEN SANDWICHES

Classic egg salad

-

Frittata with parsley, spinach and feta (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Beans with sweet tomatoes, peppers and oregano.

Subject to change.

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TODAYS WARM DISH

Coq au Riesling with free range chicken, small onions and mushrooms (1, 7).

Served with rice and marinated yellow beets with shallots and parsley.

TODAYS VEGETARIAN DISH

Cauliflower gratin with mushrooms and fresh herbs – gratinated with cheese and breadcrumbs (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

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

Marinated pork with couscous, roasted aubergine, corn, carrots and spiced dressing (1).

TODAYS VEGETARIAN SALAD

Marinated feta with couscous, roasted aubergine, corn, carrots and spiced dressing (1, 7).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Beef salami, pickled red onions and chipotle mayo.

TODAYS VEGETARIAN

Bean spread with roasted greens.

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 – classic with remoulade and fried onions (1)

-

Eggs and shrimps with herb mayonnaise

VEGETARIAN OPEN SANDWICHES

Classic egg salad

-

Frittata with parsley, spinach and feta (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy salads, red radicchio, pickled squash and herbs.

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TODAYS WARM DISH

BBQ pork jaws with beer and apple juice.
Mac 'N Cheese with celery.
Coleslaw with sweet mustard BBQ (1, 7).

TODAYS VEGETARIAN DISH

King oyster mushrooms with beer and apple juice.
Mac 'N Cheese with celery.
Coleslaw with sweet mustard BBQ (1, 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

Smoked salmon with creamy pearl barley, cucumber, sugar snaps, bell pepper and crispy salad.

TODAYS VEGETARIAN SALAD

Fried tempeh with creamy pearl barley, cucumber, sugar snaps, bell pepper and crispy salad.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SHOT

Beetroot, ginger and lemon.

TODAYS SANDWICH

Roast beef – classic with remoulade and fried onions (1).

TODAYS VEGETARIAN

Eggs and tomato with herb 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 – classic with remoulade and fried onions (1)

-

Eggs and shrimps with herb mayonnaise

VEGETARIAN OPEN SANDWICHES

Classic egg salad

-

Frittata with parsley, spinach and feta (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Nordic potato salad with vinaigrette and fresh herbs (7).

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WEEK 5 THURSDAY 3RD FEBRUARY

TODAYS WARM DISH

Turkey Korma with kale and leeks.
Aromatic basmati rice.
Mango pickle with chili and fenugreek seeds.

TODAYS VEGETARIAN DISH

Veggie Korma with potato and chickpeas.
Aromatic 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

Marinated beef with chickpeas, cauliflower, peas, crispy salad and BBQ dressing.

TODAYS VEGETARIAN SALAD

Eggs with chickpeas, cauliflower, peas, crispy salads and BBQ dressing.

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS CAKE

Chocolate/orange cake (1, 7).

TODAYS SANDWICH

Chicken salami with tarragon mustard and mayonnaise (7).

TODAYS VEGETARIAN

Frittata with parsley, spinach and feta (7).

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 – classic with remoulade and fried onions (1)

-
Eggs and shrimps with herb mayonnaise

VEGETARIAN OPEN SANDWICHES

Classic egg salad

-
Frittata with parsley, spinach and feta (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Pumpkin with kale, mandarin and crunch.

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MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 5

FRIDAY 4TH FEBRUARY



TODAYS WARM DISH

Thinly sliced, slow roasted chicken, marinated with warm spices.

Warm durum bread (1).

Creamy chili dressing and raw salsa of cucumber and red onions.

TODAYS VEGETARIAN DISH

Chickpea falafels with mushrooms and chili.

Warm durum bread (1).

Creamy chili dressing and raw salsa of cucumber and red onions.

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

Serrano with baked tomatoes, spring onions, onions, pasta with tomato pesto (1).

TODAYS VEGETARIAN SALAD

Roasted butterbeans with baked tomatoes, spring onions, onions, pasta with tomato pesto (1).

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Tuna salad with organic skyr, pickled cucumber, lemon and dill (7).

TODAYS VEGETARIAN

Roasted potato with tomato pesto and mozzarella (7).

TODAYS VEGAN SANDWICH

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TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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WEEKLY OPEN SANDWICHES

Roast beef – classic with remoulade and fried onions (1)

-

Eggs and shrimps with herb mayonnaise

VEGETARIAN OPEN SANDWICHES

Classic egg salad

-

Frittata with parsley, spinach and feta (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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

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1. Gluten



2. Krebssdyr



7. Mælk



8. Ædder