

## WEEK 15

### MONDAY 11<sup>TH</sup> APRIL

#### TODAYS WARM DISH

Tomato sauce with chorizo, olives, mushrooms, onions and garlic.  
Rigatoni pasta (1).  
Parsley with parmesan (7).

#### TODAYS VEGETARIAN DISH

Tomato sauce with olives, capers and smoked mushrooms.  
Rigatoni pasta (1).  
Parsley with parmesan (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

Chicken and truffle crème.  
Grilled eggplants with toasted sunflower seeds, pinto beans, arugula and lemon peel (7).

#### TODAYS VEGETARIAN SALAD

Mozzarella and truffle crème.  
Grilled eggplants with toasted sunflower seeds, pinto beans, arugula and lemon peel (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### TODAYS GREEN SANDWICH

Today's sandwich with 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

Ham with Italian salad  
-  
Roastbeef with remoulade and cucumber salad

#### VEGETARIAN OPEN SANDWICHES

Egg and tomato with mayonnaise  
-  
Grilled squash with pea spread

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Grilled eggplants with toasted sunflower seeds, pinto beans, arugula, lemon peel and truffle dressing (7).

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 15

### TUESDAY 12<sup>TH</sup> APRIL



#### TODAYS WARM DISH

Chicken thighs Danoise with a light gravy.  
Boiled organic potatoes with parlsey.  
Cucumber salad and rhubarb compote (7).

#### TODAYS VEGETARIAN DISH

Slices of roasted celeriac with celery puree,  
pickled onions and parlsey.  
Boiled organic potatoes with parsley.  
Cucumber salad (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

Fish cakes and yoghurt with herbs.  
Baked violette carrots and finely sliced red cabbage, mustard and pickled red onions (1, 7).

#### TODAYS VEGETARIAN SALAD

Frittata and yoghurt with herbs.  
Baked violette carrots and finely sliced red cabbage, mustard and pickled red onions (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### TODAYS GREEN SANDWICH

Today's sandwich with 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

Ham with Italian salad  
-  
Roastbeef with remoulade and cucumber salad

#### VEGETARIAN OPEN SANDWICHES

Egg and tomato with mayonnaise  
-  
Grilled squash with pea spread

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Broccoli, fennel with larch salsa and toasted hazelnuts (V, 8).

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1. Gluten



2. Krebssdyr



7. Melk



8. Nødder

# MEYERS FROKOST KØKKEN

# PORTIONS- PAKKET

## WEEK 15

WEDNESDAY 13<sup>TH</sup> APRIL

### TODAYS WARM DISH

Meatloaf of lamb, beef and sundried tomatoes.  
Pilaf of rice, lentils and vermicelli.  
Muhammara (1, 8).

### TODAYS VEGETARIAN DISH

Vegan "meatloaf" with mushrooms and herbs.  
Pilaf of rice, lentils and vermicelli.  
Muhammara (1, 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 pork and hummus.  
Flat beans, haricots verts, baked onions, spinach, beans and tomato vinaigrette.

### TODAYS VEGETARIAN SALAD

Boiled organic eggs and hummus.  
Flat beans, haricots verts, baked onions, spinach, beans and tomato vinaigrette.

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SHOT

Beetroot, ginger and lemon.



### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

### TODAYS GREEN SANDWICH

Today's sandwich with 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

Ham with Italian salad

-

Roastbeef with remoulade and cucumber salad

### VEGETARIAN OPEN SANDWICHES

Egg and tomato with mayonnaise

-

Grilled squash with pea spread

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Romaine, hispi cabbage, feta, cucumber, radishes and mint (7).

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder