

WEEK 16 TUESDAY 19TH APRIL

TODAYS WARM DISH

Chili con carne made with danish beef, several kinds of beans and dark chocolate.
Crème fraiche 38% (7).

TODAYS VEGETARIAN DISH

Chili sin carne with several kinds of beans, grilled pepper and dark chocolate.
Crème fraiche 38% (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

Roasted chicken and bell pepper crème.
Black quinoa with bell pepper, lime, avocado, spring onions and coriander (7).

TODAYS VEGETARIAN SALAD

Boiled organic eggs and bell pepper crème.
Black quinoa with bell pepper, lime, spring onions and coriander (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Violette hispi cabbage, mint, mango and radishes (V).

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 16

WEDNESDAY 20TH APRIL



TODAYS WARM DISH

Chicken and vegetables in green curry.
Aromatic jasmine rice.
Spiced carrot- and mango salsa (2).

TODAYS VEGETARIAN DISH

Sweet potatoes, onions, bell pepper and edamame beans in green curry sauce.
Aromatic jasmine rice.
Spiced carrot- and mango salsa (V).

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

Salmon and bean hummus.
Raw and roasted broccoli, green lentils, mango, salad, pickled chili and sesame.

TODAYS VEGETARIAN SALAD

Feta and bean hummus.
Raw and roasted broccoli, green lentils, mango, salad, pickled chili and sesame (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Raw salad made of colorful carrots, daikon, lemon vinaigrette and thai basil (V).

TODAYS SHOT

Ginger, apple and lemon.

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1. Gluten



2. Kræbsskald



7. Mælk



8. Nødder

WEEK 16

THURSDAY 21ST APRIL

TODAYS WARM DISH

Braised shank of pork in tomato sauce with oregano and garlic.
Cornotto made with spelt, cheese and celery.
Marinated olives (1, 7).

TODAYS VEGETARIAN DISH

Ratatouille of smoked pea protein, squash, eggplant and bell pepper.
Cornotto made with spelt, cheese and celery.
Marinated olives.

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

Veal brisket and yoghurt with herbs.
Radicchio, butterbeans, tomato, cucumber and basil (7).

TODAYS VEGETARIAN SALAD

Marinated tofu and yoghurt with herbs.
Radicchio, butterbeans, tomato, cucumber and basil (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Fennel, lettuce, arugula, orange, parmesan and hazelnuts (7, 8).

TODAYS CAKE

Sarah Bernhardt (1, 7, 8).

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WEEK 16 FRIDAY 22ND APRIL

TODAYS WARM DISH

Fricassee with veal, asparagus, pearl onions and parsnips.
Butter steamed potatoes.
Nordic gremolata with parsley, horseradish and green peas (1, 7).

TODAYS VEGETARIAN DISH

Fricassee with asparagus and two kinds of green peas.
Butter steamed potatoes.
Nordic gremolata with parsley, horseradish and green peas (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

Roasted pork and mustard crème.
Split peas, baked and raw cauliflower, pickled onions, lemon and tarragon (7).

TODAYS VEGETARIAN SALAD

Baked sweet potatoes and mustard crème.
Split peas, baked and raw cauliflower, pickled onions, lemon and tarragon (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Hispi cabbage, spinach, apples and dill with elderflower dressing (V).

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