

## WEEK 17 MONDAY 25<sup>TH</sup> APRIL

### TODAYS WARM DISH

Moroccan inspired chicken ragout with turmeric and dates.  
Served with warm couscous and yoghurt with olive oil and lemon (1, 7).

### TODAYS VEGETARIAN DISH

Sweet potatoes in spiced sauce with turmeric and dates.  
Served with warm couscous and yoghurt with olive oil (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

Fried beef and fresh cheese.  
Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate vinaigrette (7).

### TODAYS VEGETARIAN SALAD

Boiled organic eggs and fresh cheese.  
Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate vinaigrette (7).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Romaine lettuce with green beans, broccoli, spring onions and tahini dressing (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**



## WEEK 17

### TUESDAY 26<sup>TH</sup> APRIL

#### TODAYS WARM DISH

Fish cakes of cod and salmon with dill.  
Boiled potatoes with kale.  
Tartare sauce and lemon (7).

#### TODAYS VEGETARIAN DISH

Nordic falafels with mushrooms, split peas, mild chili and apple.  
Boiled potatoes with kale.  
Tartare sauce and lemon (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

Roasted chicken and tarragon crème.  
Pearl barley and endive with salad cheese, chervil, cucumber and toasted and chopped hazelnuts (1, 7, 8).

#### TODAYS VEGETARIAN SALAD

Baked beetroots and tarragon creme.  
Pearl barley and endive with salad cheese, chervil, cucumber and toasted and chopped hazelnuts (1, 7, 8).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Crudité of radishes and carrots with lemon, parsley and lettuce (V).

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## WEEK 17

### WEDNESDAY 27<sup>TH</sup> APRIL

#### TODAYS WARM DISH

Turkey cuvette with rasp, cayenne and mustard.  
Organic rice and beans.  
Salsa with tomatoes, pickled jalapeños, lime and coriander (1).

#### TODAYS VEGETARIAN DISH

Lentil stew with mushrooms, parsley, spinach and wild garlic.  
Organic rice and beans.  
Salsa with tomato, pickled jalapeños, lime and coriander (1, V).

#### TODAYS VEGAN DISH

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#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### TODAYS SALAD

Ham culotte of pork and bean crème.  
White quinoa, sweet potato, parsley, red pepper and piment vinaigrette.

#### TODAYS VEGETARIAN SALAD

Mozzarella and bean crème.  
White quinoa, sweet potato, parsley, red pepper and piment vinaigrette (7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Finely chopped hispi cabbage, squash, turnip cabbage, dill, toasted sunflower seeds and wild garlic (V).

#### TODAYS SHOT

Carrot, apple, lemon and ginger (V).

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## WEEK 17

### THURSDAY 28<sup>TH</sup> APRIL

#### TODAYS WARM DISH

Beef ragout with red wine and herbs.  
Pasta penne with olive oil.  
Parsley and parmesan (1, 7).

#### TODAYS VEGETARIAN DISH

Fried tempeh in tomato sauce with herbs.  
Pasta penne with olive oil.  
Parsley and parmesan (1, 7).

#### TODAYS VEGAN DISH

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#### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### TODAYS SALAD

Baked saithe and skyr crème.  
Baked fennel with tarragon, parsley, lentils and fresh pear (7).

#### TODAYS VEGETARIAN SALAD

Marinated tofu and skyr crème.  
Baked fennel with tarragon, parsley, lentils and fresh pear (7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Crispy salad of green beans, tomatoes, olives and oregano (V).

#### TODAYS CAKE

Pistachio mazarin (1, 7, 8).

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## WEEK 17 FRIDAY 29<sup>TH</sup> APRIL

### TODAYS WARM DISH

Pork roast sandwich with crispy pork rind.  
Pickled red cabbage and fresh sliced red cabbage.  
Sour dough bun, pickled cucumber and dijonnaise (1).

### TODAYS VEGETARIAN DISH

Veggie patties.  
Pickled red cabbage and fresh sliced red cabbage.  
Sour dough bun, pickled cucumber and dijonnaise (1).

### TODAYS VEGAN DISH

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### TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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### TODAYS SALAD

Turkey cuvette and hummus.  
Potatoes, red salads, cucumber, dill and cress.

### TODAYS VEGETARIAN SALAD

Smoked vegetables and hummus.  
Potatoes, red salads, cucumber, dill and cress (V).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Raw salad of carrots, toasted sunflower seeds and sultana raisins (V).

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