

## WEEK 19

### MONDAY MAY 9<sup>TH</sup>

#### TODAYS WARM DISH

Chicken thighs, roasted with hoisin and topped with chili and spring onions.

Organic jasmine rice steamed with lime leaves. Goma dressing (1).

#### TODAYS VEGETARIAN DISH

Tofu and baked eggplant with hoisin, chili and spring onions.

Organic jasmine rice steamed with lime leaves. Goma dressing (1).

#### 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 satay.  
Rice noodles, bean sprouts, turnip cabbage, coriander & cucumber (8).

#### TODAYS VEGETARIAN SALAD

Edamame and satay.  
Rice noodles, bean sprouts, turnip cabbage, coriander & cucumber (8).

#### 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

Beef salami with red onions, beef jus topping, herb mayo and cress

-

Ham, dijonnaise, compote of leeks and watercress

#### VEGETARIAN OPEN SANDWICHES

Potatoes, larch mayonnaise, toasted buckwheat, pickled zittauer onions and cress

-

Eggs with mayonnaise, tomato and basil

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

Red hispi cabbage, shiso, thai basil, tomatoes & spinach (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 19

### TUESDAY MAY 10<sup>TH</sup>

#### TODAYS WARM DISH

Roasted ham, marinated in garlic, lemon, thyme and rosemary. With baked fennel and onions with gravy.

Steamed potatoes and dill vinaigrette.  
Pickled carrots with sea buckthorn.

#### TODAYS VEGETARIAN DISH

Roasted celeriac, marinated in garlic, lemon, thyme and rosemary. With baked fennel and onions with mushroom sauce.

Steamed potatoes with dill vinaigrette.  
Pickled carrots with sea buckthorn.

#### 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

Feta and romesco.

Pearl barley salad with asparagus, cauliflower, chives and cherry tomatoes (1, 7, 8).

#### TODAYS VEGETARIAN SALAD

Baked beetroots and mojo.

Haricots verts and lima beans, larch and lettuce.

#### 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

Beef salami with red onions, beef jus topping, herb mayo and cress

-

Ham, dijonnaise, compote of leeks and watercress

#### VEGETARIAN OPEN SANDWICHES

Potatoes, larch mayonnaise, toasted buckwheat, pickled zittauer onions and cress

-

Eggs with mayonnaise, tomato and basil

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

Lettuce, peas, radishes, mint, baked rhubarb and 'mormor' 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**



1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

## WEEK 19

WEDNESDAY MAY 11<sup>TH</sup>

### TODAYS WARM DISH

Ragu bianco – turkey, mushrooms, onions, celery, carrots and chicken stock.  
Conchiglie pasta with olive oil (1).  
Parsley pesto (7).

### TODAYS VEGETARIAN DISH

Ragu bianco – oyster mushrooms, portobello, champignon, onions, celery, carrot & vegetable stock.  
Conchiglie pasta with olive oil (1).  
Parsley pesto (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

Baked saithe and tomato crème.  
Pearl barley, apple, kohlrabi, parsley and salad cheese (1, 7).

### TODAYS VEGETARIAN SALAD

Butterbeans and tomato crème.  
Pearl barley, apple, kohlrabi, parsley and salad cheese (1, 7).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS SHOT

Cucumber, ginger and lemon.

### 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

Beef salami with red onions, beef jus topping, herb mayo and cress

-

Ham, dijonaise, compote of leeks and watercress

### VEGETARIAN OPEN SANDWICHES

Potatoes, larch mayonnaise, toasted buckwheat, pickled zittauer onions and cress

-

Eggs with mayonnaise, tomato and basil

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

Green beans and hispi cabbage with arugula, radicchio and spring onions (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 19 THURSDAY MAY 12<sup>TH</sup>

### TODAYS WARM DISH

Lebanese meatballs with zaatar.  
Batata harra, spicy potatoes with lemon and chili.  
Mint yoghurt (1, 7).

### TODAYS VEGETARIAN DISH

Falafel with spicy tomato sauce with roasted squash.  
Batata harra, spicy potatoes with lemon and chili.  
Mint yoghurt (7, 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

Turkey cuvette and hummus.  
Pearl couscous, dill, parsley, spring onions, tomato, sultana raisins and cucumber (1).

### TODAYS VEGETARIAN SALAD

Baked sweet potatoes and hummus.  
Pearl couscous, dill, parsley, spring onions, tomato, sultana raisins and cucumber (1).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### TODAYS CAKE

Chocolate cake (1, 7).

### 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

Beef salami with red onions, beef jus topping, herb mayo and cress

-

Ham, dijonnaise, compote of leeks and watercress

### VEGETARIAN OPEN SANDWICHES

Potatoes, larch mayonnaise, toasted buckwheat, pickled zittauer onions and cress

-

Eggs with mayonnaise, tomato and basil

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

Beetroot, red endive, arugula, salad cheese, pomegranate sirup and dukkah (7, 8).

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



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**

