

WEEK 21 MONDAY MAY 23RD

TODAYS WARM DISH

Slow roasted beef in Mexican mole with cacao.
Organic tomato rice.
Raw salsa with tomatoes, spring onions, cilantro and green chili (8).

TODAYS VEGETARIAN DISH

Slow baked pumpkin and sweet potato in spiced Mexican mole with cacao.
Organic tomato rice.
Raw salsa with tomatoes, spring onions, cilantro and green chili (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 chicken and avocado crème.
Mixed beans, flat beans, celery, green pepper, corn, lime, red onions and parsley.

TODAYS VEGETARIAN SALAD

Mozzarella and avocado crème.
Mixed beans, flat beans, celery, green pepper, corn, lime, red onions and parsley (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Red hispi cabbage, violette carrots, chives and hibiscus (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 21 TUESDAY MAY 24TH

TODAYS WARM DISH

Turkey cuvette with thyme in green olive tapenade.
Organic pasta with olive oil, red onions, semidried tomatoes and capers.
Pickled zittauer onions with parsley (1).

TODAYS VEGETARIAN DISH

Vegetable meatloaf with herbs and mushrooms.
Organic pasta with olive oil, red onions, semidried tomatoes and capers.
Pickled zittauer onions with parsley (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 beef and feta spread.
Baked and raw carrots, split peas, red onions in balsamic and herbs (7).

TODAYS VEGETARIAN SALAD

Chickpeas and feta spread.
Baked and raw carrots, split peas, red onions in balsamic and herbs (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Vegetarian Cesar salad with kale, tarragon, radishes, croutons and parmesan (1, 7).

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WEEK 21 WEDNESDAY MAY 25TH

TODAYS WARM DISH

Roasted chicken with sumac, zaatar and lemon peel with choka tomato sauce.
Bulgur with vegetables and mild onions.
Mint and cucumber in yoghurt (1, 7).

TODAYS VEGETARIAN DISH

Choka tomato sauce with eggplant, squash and halloumi.
Bulgur with vegetables and mild onions.
Mint and cucumber in yoghurt (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

Baked saithe and bean crème.
Baked butternut squash, sultana raisins, chickpeas, dill, sumac and salad cheese (7).

TODAYS VEGETARIAN SALAD

Baked potatoes and bean crème.
Baked butternut squash, sultana raisins, chickpeas, dill, sumac and salad cheese (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Steamed broccoli, frissee, radicchio and herbs.

TODAYS SHOT

Ginger, apple and lemon.

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WEEK 21 THURSDAY MAY 26TH

KRISTI HIMMELFART

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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder

WEEK 21 FRIDAY MAY 27TH

TODAYS WARM DISH

BBQ pork and apple juice.
Baked mac & cheese with celery.
Coleslaw with sweet mustard (1, 7).

TODAYS VEGETARIAN DISH

BBQ portobello and smoked tempeh with beer and apple juice.
Baked mac & cheese with celery.
Coleslaw with sweet mustard (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

Turkey cuvette and chimichurri.
Salad of roasted roots with kidney beans, red onions and pickled chili (V).

TODAYS VEGETARIAN SALAD

Marinated pea protein and chimichurri.
Salad of roasted roots with kidney beans, red onions and pickled chili (V).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Crispy salads, carrot crudité, pickled green tomatoes, dill and spring onions (V).

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