

## WEEK 22 MONDAY MAY 30<sup>TH</sup>

### TODAYS WARM DISH

Classic chicken in curry with vegetables and warm spices.  
Steamed basmati rice with cardamom.  
Apple-chutney with ginger, chili and raisins (7).

### TODAYS VEGETARIAN DISH

Mushrooms and pea protein in classic curry with vegetables and warm spices.  
Steamed basmati rice with cardamom.  
Apple-chutney with ginger, chili and raisins (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 beef and hummus.  
Broccoli, white beans, semi dried tomatoes, lettuce and sunflower seeds (V).

### TODAYS VEGETARIAN SALAD

Fried mushrooms and hummus.  
Broccoli, white beans, semi dried tomatoes, lettuce and sunflower seeds (V).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Raw salad with celeriac, celery, pear, larch and yoghurt (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**



## WEEK 22 TUESDAY MAY 31<sup>ST</sup>

### TODAYS WARM DISH

Cod, spinach and chorizo, gratinated with velouté with Riesling.  
Potatoes with dill.  
Herb topping (1, 7).

### TODAYS VEGETARIAN DISH

Cauliflower gratin with organic cheese.  
Potatoes with dill.  
Herb topping (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 chicken and pea crème.  
Rye kernels with cabbage, apple and Nordic dressing (1).

### TODAYS VEGETARIAN SALAD

Organic chickpeas and pea crème.  
Rye kernels with cabbage, apple and Nordic dressing (1).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Green beans with arugula, radicchio and spring onions (V).

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## WEEK 22

### WEDNESDAY JUNE 1<sup>ST</sup>

#### TODAYS WARM DISH

Gullasch with tender beef, paprika, onions, carrots and celery.  
Organic rice.  
Organic crème fraîche (7).

#### TODAYS VEGETARIAN DISH

Vegan gullasch with kidney beans, paprika, onions, carrots and celery.  
Organic rice.  
Vegan crème (V).

#### 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

Smoked salmon and smoked cheese crème.  
Lentils, beetroot, apples and baked red onions (7).

#### TODAYS VEGETARIAN SALAD

Boiled organic eggs and smoked cheese crème.  
Lentils, beetroot, apples and baked red onions (7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Crispy salads with cucumber and grated hispi cabbage (V).

#### TODAYS SHOT

Carrot, apple, lemon and ginger (V).

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## WEEK 22

### THURSDAY JUNE 2<sup>ND</sup>

#### TODAYS WARM DISH

Meatloaf of veal and pork with rasp, bacon and gravy.  
Potatoes with parsley.  
Pickled red currants (1, 7).

#### TODAYS VEGETARIAN DISH

Vegetarian meatloaf with smoked parsnips and gravy.  
Potatoes with parsley.  
Pickled red currants (1).

#### TODAYS VEGAN DISH

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#### 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

Slow roasted pork and tarragon crème.  
Cauliflower salad, steamed and raw with white quinoa and mustard dressing (7).

#### TODAYS VEGETARIAN SALAD

Organic white beans and tarragon crème.  
Cauliflower salad, steamed and raw with white quinoa and mustard dressing (7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Crispy lettuce, radicchio, frissé, tarragon and radishes (V).

#### TODAYS CAKE

Coconut cake (1, 7).

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## WEEK 22 FRIDAY JUNE 3<sup>RD</sup>

### TODAYS WARM DISH

Gyros marinated chicken with fried onions.  
Pita, skyr crème with herbs and pickled red onions (1, 7).

### TODAYS VEGETARIAN DISH

Pulled celeriac and cabbage with gyros.  
Pita, skyr crème with herbs and pickled red onions (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

Duck and sumac and beetroot- and lentils crème.  
Chickpeas, mint, citrus, baked and raw carrots.

### TODAYS VEGETARIAN SALAD

Falafels and beetroot- and lentils crème.  
Chickpeas, mint, citrus, baked and raw carrots.

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Tomato, cucumber, red onions, oregano, olives, romaine and feta (7).

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