

## WEEK 23

### MONDAY JUNE 6<sup>TH</sup>

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. Krebsdyr



7. Mælk



8. Nødder

## WEEK 23 TUESDAY JUNE 7<sup>TH</sup>

### TODAYS WARM DISH

Roasted chicken thighs with butter chicken sauce.  
Steamed organic rice with turmeric.  
Cucumber relish with cilantro, mint and chili (7, 8).

### TODAYS VEGETARIAN DISH

Eggplant and portobello in vegetarian "butter chicken sauce".  
Steamed organic rice with turmeric.  
Cucumber relish with cilantro, mint and chili (7, 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 port and crème fraiche with baked garlic.  
Tomatoes, potatoes, spring onions, peas, cilantro, black sesame and curry (7).

### TODAYS VEGETARIAN SALAD

Boiled organic chickpeas and crème fraiche with baked garlic.  
Tomatoes, potatoes, spring onions, peas, cilantro, black sesame and curry (7).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Lettuce, mint, mango, frissé salad and radishes (V).

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## WEEK 23

### WEDNESDAY JUNE 8<sup>TH</sup>

#### TODAYS WARM DISH

Egg tortilla with potatoes, spinach, onions, nettle and smoked trout.  
Nordic chimichurri of parsley, larch, mint and apple cider vinegar (7, 8).

#### TODAYS VEGETARIAN DISH

Egg tortilla with spinach, onions, nettle, smoked Jerusalem artichokes and cottage cheese.  
Nordic chimichurri of parsley, larch, mint and apple cider vinegar (7, 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 carrot hummus.  
Celeriac, quinoa, red onions, dill and mustard (7).

#### TODAYS VEGETARIAN SALAD

Feta and carrot hummus.  
Celeriac, quinoa, red onions, dill and mustard (7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Romaine, beetroot, Chinese cabbage, cranberries and beetroot/black currant vinaigrette (V).

#### TODAYS SHOT

Chili and honey.

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## WEEK 23 THURSDAY JUNE 9<sup>TH</sup>

### TODAYS WARM DISH

Bolognese with pork, olives, sage, marjoram, garlic and tomato.  
Pasta with olive oil.  
Parmesan (1, 7).

### TODAYS VEGETARIAN DISH

Veggie Bolognese with lentils, celery, olives, sage, marjoram, garlic and tomato.  
Pasta with olive oil.  
Parmesan (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

Slow roasted beef and tarragon crème.  
Cauliflower, butter beans, semi dried tomatoes and parsley (7).

### TODAYS VEGETARIAN SALAD

Boiled organic eggs and tarragon crème.  
Cauliflower, butter beans, semi dried tomatoes and parsley (7).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Radicchio, squash, almonds, pear and rose pepper vinaigrette (8, V).

### TODAYS CAKE

Brownie (1, 7, 8).

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## WEEK 23 FRIDAY JUNE 10<sup>TH</sup>

### TODAYS WARM DISH

Roasted beef with baked parsley roots and parsnips.  
Oven roasted organic potatoes.  
Cold bearnaise crème.

### TODAYS VEGETARIAN DISH

Parsley roots and parsnips with sea weed pesto, dill, carrot puree and toasted hazelnuts.  
Oven roasted organic potatoes (V, 8).

### 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

Baked saithe and pesto.  
Broccoli, haricots verts, celery, pinto beans, capers and sunflower seeds (7).

### TODAYS VEGETARIAN SALAD

Grilled eggplant and pesto.  
Broccoli, haricots verts, celery, pinto beans, capers and sunflower seeds (7).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Raw and baked carrots, turmeric, sultana, mizuna and lemon (V).

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