

## WEEK 25 MONDAY JUNE 20<sup>TH</sup>

### TODAYS WARM DISH

Chicken thighs roasted with cayenne and piment espelette.  
Cajun rice with lentils and tomato water.  
Creamy chili dressing (7).

### TODAYS VEGETARIAN DISH

Beetroot bygotto with hazelnuts, apples and fried onions (1, 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

Smoked salmon and bell pepper crème.  
Bean salad with green and white beans, baked fennel and tomatoes (V).

### TODAYS VEGETARIAN SALAD

Grilled eggplant with feta and bell pepper crème.  
Bean salad with green and white beans, baked fennel and tomatoes (7).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Green salads with olives, red onions, crudité of carrot and marjoram-vinaigrette (V).

Subject to change.

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## WEEK 25 TUESDAY JUNE 21<sup>ST</sup>

### TODAYS WARM DISH

Baked pork cutlets, marjoram, olives and tomato sauce.  
Gnocchi, butternut squash and sun dried tomatoes.  
Grated cheese, parsley and lemon peel (7).

### TODAYS VEGETARIAN DISH

Roasted celeriac, marjoram, olives and tomato sauce.  
Gnocchi, butternut squash and sun dried tomatoes.  
Grated cheese, parsley and lemon peel (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

Slices of beef cuvette and green pea puree.  
Violette hispi cabbage, fennel, carrots and daikon.  
Served with baked garlic dressing (V).

### TODAYS VEGETARIAN SALAD

Frittata with chervil and green pea puree.  
Violette hispi cabbage, fennel, carrots and daikon.  
Served with baked garlic dressing (V).

### THIS WEEKS SNACK

A small snack or spread will be served on the side

### WITH THE WARM DISH

Roasted eggplant, quinoa, arugula, sunflower seeds, lemon peel and artichokes (8, V).

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## WEEK 25

### WEDNESDAY JUNE 22<sup>ND</sup>

#### TODAYS WARM DISH

Beef brisket with garlic, onions, rose pepper and oregano.  
Roasted potatoes with rosemary and olive oil.  
Tzatziki, mild garlic and cucumber (7).

#### TODAYS VEGETARIAN DISH

Roasted portobello mushrooms with white beans, feta, oregano and garlic.  
Roasted potatoes with rosemary and olive oil.  
Tzatziki, mild garlic and cucumber (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

Chicken breast and puree of roasted cauliflower.  
Pearl barley, grated cauliflower, lemon and parsley (1, 8, V).

#### TODAYS VEGETARIAN SALAD

Lemon marinated butterbeans and puree of roasted cauliflower.  
Pearl barley, grated cauliflower, almonds, lemon and parsley (1, 8, V).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Greek salad with tomatoes, olives, cucumber and green leaves (V).

#### TODAYS SHOT

Beetroot, ginger, lemon.

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## WEEK 25

### THURSDAY JUNE 23<sup>RD</sup>

#### TODAYS WARM DISH

Yellow curry with turkey, coconut milk, squash, beans, bamboo shoots, bell pepper and basil.  
Organic jasmine rice.  
Pickled cucumber, chili and cilantro.

#### TODAYS VEGETARIAN DISH

Yellow curry with tofu, coconut milk, squash, beans, bamboo shoots, bell pepper and basil.  
Organic jasmine rice.  
Pickled cucumber, chili and cilantro.

#### TODAYS VEGAN DISH

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

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#### TODAYS SALAD

Pork roast with 5-spice.  
Mild crème and soy beans.  
Noodles with pickled carrots, daikon and cucumber.  
Crispy kale with cilantro and herbs (1).

#### TODAYS VEGETARIAN SALAD

Fried tempeh with sesame.  
Mild crème and soy beans.  
Noodles with pickled carrots, daikon and cucumber.  
Crispy kale with cilantro and herbs (1).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Kale salad with mint, mango, spring onions and toasted sesame (V).

#### TODAYS CAKE

Mazarin with nougat (1, 7, 8).

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## WEEK 25

### FRIDAY JUNE 24<sup>TH</sup>

#### TODAYS WARM DISH

'Frikadeller' of pork with baked and pickled carrots.  
Boiled organic potatoes with parsley, capers and red onions. Served with mustard crème (7).

#### TODAYS VEGETARIAN DISH

Chickpea patties with baked and pickled carrots.  
Boiled organic potatoes with parsley, capers and red onions. Served with mustard crème (7).

#### 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

Baked cod, marinated in lemon with skyr crème.  
Rye kernels, fennel, roasted leeks, dill and apple vinaigrette (1, 7).

#### TODAYS VEGETARIAN SALAD

Boiled organic eggs with skyr crème.  
Rye kernels, fennel, roasted leeks, dill and apple vinaigrette (1, 7).

#### THIS WEEKS SNACK

A small snack or spread will be served on the side

#### WITH THE WARM DISH

Green leaves and salted squash, raspberries, toasted seeds and cream (7).

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# MEYERS FROKOST KØKKEN

# PORTIONS- PAKKET



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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder