

WEEK 25 MONDAY JUNE 20TH

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

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

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 21ST

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 22ND

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

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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

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 23RD

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 24TH

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

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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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