# HEVERSE HARKEN PAKKET



## 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

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 SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### **TODAYS VEGAN SANDWICH**

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

#### **VEGETARIAN OPEN SANDWICHES**

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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

Subbject to change.

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#### TODAYS WARM DISH

Beef brisket roasted 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 (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

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 SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### **TODAYS VEGAN SANDWICH**

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

#### **VEGETARIAN OPEN SANDWICHES**

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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

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# HEEK 25



#### WEDNESDAY JUNE 22ND

#### TODAYS WARM DISH

Baked pork cutlets, marjoram, olives and tomato sauce.

Pasta penne with tomato, pesto and butternut squash (1, V). Grated cheese, parsley and lemon peel (7).

#### TODAYS VEGETARIAN DISH

Roasted celeriac, marjoram, olives and tomato sauce (V).

#### 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

Chicken breast and puree of roasted cauliflower. Pearl barley, grated cauliflower, almonds, 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 SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SHOT

Beetroot, ginger, apple, lemon.

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### TODAYS GREEN SANDWICH

Today's sandwich with greens

#### TODAYS VEGAN SANDWICH

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#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

#### **VEGETARIAN OPEN SANDWICHES**

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Hispi cabbage, turnip cabbage, chervil, pear, elderflower vinaigrette and toasted almonds (V, 8).

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# **PORTIONS-**PAKKET **WEEK 25**



#### **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

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**

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

#### **TODAYS VEGETARIAN SALAD**

Fried tempeh with sesame.

Mild crème with soybeans. Noodles with pickled carrots, daikon and cucumber. Crispy kale with cilantro and herbs (1).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS CAKE

Almond cake (1, 7, 8).

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#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### **TODAYS VEGAN SANDWICH**

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#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made with gluten and lactose-free alternatives and is served with a gluten-free bun

#### WEEKLY OPEN SANDWICHES

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

#### **VEGETARIAN OPEN SANDWICHES**

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

#### WITH THE WARM DISH, SANDWICH AND OPEN **FACED SANDWICH**

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









## WEEK 25 FRIDAY JUNE 24<sup>TH</sup>

#### TODAYS WARM DISH

Beef patties with onion soubise and gravy (7). Boiled organic potatoes (V). Pickled beetroots with rosehip (V).

#### TODAYS VEGETARIAN DISH

Chickpea patties with onion soubise and gravy (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

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).

#### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

#### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### **TODAYS VEGAN SANDWICH**

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#### TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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#### WEEKLY OPEN SANDWICHES

Cold cut of beef with baked onions and capers

Ham with chives crème and sour kraut

#### VEGETARIAN OPEN SANDWICHES

Potato with larch mayo and crispy onions

Grilled vegetables with herb oil and lemon

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

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

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