

WEEK 26 MONDAY JUNE 27TH

TODAYS WARM DISH

Moroccan inspired chicken ragout with turmeric and dates.
Bulgur and smoked corn.
Pickled turnip cabbage with salted lemon puree (1).

TODAYS VEGETARIAN DISH

Sweet potatoes in spiced sauce with turmeric and dates.
Bulgur and smoked corn.
Pickled turnip cabbage with salted lemon puree (1, 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

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 turkey and hummus.
Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate-vinaigrette (V).

TODAYS VEGETARIAN SALAD

Mozzarella and hummus.
Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate-vinaigrette (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Romaine lettuce with green beans, broccoli, spring onions and tahini dressing (V).

Subject to change.

Meyers signs only with allergens shown on the **4 icons**:
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WEEK 26 TUESDAY JUNE 28TH

TODAYS WARM DISH

Fish cakes of cod and salmon with dill – 2 pr. Person.
Boiled potatoes with kale.
Tartare sauce and lemon (7).

TODAYS VEGETARIAN DISH

Nordic falafels with mushrooms, split peas, mild chili and apple.
Boiled potatoes with kale.
Tartare sauce and lemon (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

Roasted pork and pesto.
Pearl barley and endive with salad cheese, chervil, cucumber and toasted, chopped hazelnuts (1, 7, 8).

TODAYS VEGETARIAN SALAD

Boiled organic eggs and pesto.
Pearl barley and endive with salad cheese, chervil, cucumber and toasted, chopped hazelnuts (1, 7, 8).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Crudit  of radishes and carrots with lemon, parsley and lettuce (V).

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MEYERS
FROKOST
KØKKEN

PORTIONS- PAKKET

WEEK 26

WEDNESDAY JUNE 29TH



TODAYS WARM DISH

Pork roast sandwich with crispy pork rinds.
Pickled red cabbage and freshly sliced cabbage.
Sour dough bun, pickled cucumbers and dijonaise (1).

TODAYS VEGETARIAN DISH

Organic celeriac patty with smoked bay leaves salt.
Pickled red cabbage and freshly sliced red cabbage.
Sour dough bun, pickled cucumbers and dijonaise (1).

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 cauliflower puree.
Pearl barley, grated cauliflower, almonds, lemon and parsley (1, 8, V)

TODAYS VEGETARIAN SALAD

Smoked vegetables and cauliflower puree.
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

Potatoes with red salads and apple-vinaigrette (V).

TODAYS SHOT

Ginger, apple, lemon (V).

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

WEEK 26

THURSDAY JUNE 30TH

TODAYS WARM DISH

Ragout of beef in tomato sauce with red wine and herbs.
Pasta penne with olive oil.
Parsley and parmesan (1, 7).

TODAYS VEGETARIAN DISH

Fried tempeh in tomato sauce with herbs.
Pasta penne with olive oil.
Parsley and parmesan (1, 7).

TODAYS VEGAN DISH

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TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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TODAYS SALAD

Baked salmon and crème fraiche with herbs.
Baked fennel with tarragon, parsley, lentils, fresh peat and pear-dressing (7).

TODAYS VEGETARIAN SALAD

Fried oyster mushrooms and crème fraiche with herbs.
Baked fennel with tarragon, parsley, lentils, fresh pear and pear-dressing (7).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Crispy salad of beans, tomatoes, cucumber and oregano (V).

TODAYS CAKE

Fragilité with chocolate (1, 7, 8).

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MEYERS
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PORTIONS- PAKKET

WEEK 26

FRIDAY JULY 1ST



TODAYS WARM DISH

Turkey cuvette with rasp, cayenne and mustard.
Brown rice and fried onions.
Salsa with tomato, pickled jalapeños, lime and cilantro (1).

TODAYS VEGETARIAN DISH

Lentil stew with mushrooms, parsley, spinach and baked garlic.
Brown rice with fried onions.
Salsa with tomato, pickled jalapeños, lime and cilantro (1).

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

Roasted beef and white bean crème.
White quinoa, sweet potato, parsley, red pepper and piment-vinaigrette (V).

TODAYS VEGETARIAN SALAD

Falafels and white bean crème.
White quinoa, sweet potato, parsley, red pepper and piment-vinaigrette (V).

THIS WEEKS SNACK

A small snack or spread will be served on the side

WITH THE WARM DISH

Finely sliced hispi cabbage, squash, turnip cabbage, dill, toasted sunflower seeds and spring onions (V).

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