



WEEK 27

WEDNESDAY 7th JULY

THE ONE

Collect self-pita with chickpea ragout (1)

Fetacream

Fresh salsa of tomato, mild onion and oregano

Salad of fresh tomatoes, grated white cabbage,
red onion and marjoram

Raw broccoli and carrot with oregano and
spinach

Salted almonds

THE OTHER ONE

Baked eggplant

Chili yogurt

Pomegranate seeds

Green lentils with fried squash and pesto

Roasted walnuts

BESIDES

Frittata with potatoes & onions

Hummus of white beans with lemon and
smoked paprika

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

SHOT:

Carrot, apple, lemon, ginger shot

Der tages forbehold for ændringer.

Meyers skiltes udelukkende med allergener vist på de 4 ikoner:

Vær opmærksom på det nummer, det enkelte allergenikon er tildelt, og se efter det i menuteksten. Maden kan indeholde andre allergener end de 4 ikoner. Ønsker du info omkring yderligere allergener, kan du kontakte **Meyers Frokostkøkken på 39 18 69 00**

