

WEEK MENU
September 17 -21, 2018



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Semolina porridge, jam, milk	Buckwheat casserole with vegetables (V), cabbage, carrot and tomato salad, black bread, kefir, apple	Cottage cheese with fresh cucumber, black bread, water L/F: Rice galette with fresh cucumber, soya milk
TUESDAY	Barley-flake porridge, jam, milk	Fish solyanka, sour cream, black bread, spelt and semolina porridge with cocoa, kissel, carrot snack L/F: Mushroom solyanka, berry kissel	Steamed vegetables, black bread, herbal tea
WEDNESDAY	Oat-flake porridge, jam, milk	Potato and minced meat casserole, carrot and pineapple salad, black bread, milk, apple L/F: Baked potatoes with minced meat, salad	Baked potatoes, cold sauce, herbal tea, black bread
THURSDAY	Rye-flake porridge, jam, milk	Vegetable puree soup, black bread, curd with fresh jam, turnip snack L/F: Puree soup, kissel	Potato and barley porridge, black bread, herbal tea L/F: Mashed potatoes, tea
FRIDAY	Yoghurt, muesli, banana	Kurzeme stroganoff, potatoes, black bread, Chinese cabbage and carrot salad, kefir, pear L/F: Pork in its own broth, potatoes, salad	Kama and kefir drink with berries, brown bread L/F: Soya pudding, banana

L- lactose free (does not contain casein)

F- flour free (does not contain wheat, rye, barley or oat flour)

V- vegetarian (may contain egg)