WEEK MENU

April 22-26

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| **DAY** | **BREAKFAST** | **LUNCH** | **DINNER** |
| MONDAY | 4-cereal porridge, jam, milk | Fish fingers (P), boiled potatoes, tar-tar sauce, Chinese cabbage and tomato salad, bread, pear | Makaroni- piimasupp, sepik võiga Macaroni- milk soup, bread and butter |
| TUESDAY | Millet porridge, apple slices, milk | Village soup, bread, banana, carrot snacks | Blinis with sour cream |
| WEDNESDAY | Oat-flake porridge with pumpkin seeds, butter, milk | Pasta Bolognese with wholemeal fusilli (M), fresh cabbage and pickled cucumber salad, bread, milk/juice, apple | Baked potatoes(F), fresh salad, bread, herbal tea |
| THURSDAY | Rye-flake porridge, berries, milk | Chicken soup, bread with cheese, cabbage | Scrambled eggs, bread with fresh cucumber |
| FRIDAY | Barley-flake porridge, jam, milk | Meatloaf, buckwheat, hot sauce, fresh salad, flavoured water with berries\*/juice, pear | Cinnamon roll, yoghurt- berry smoothie |

M or L- milk free, incl lactose free (does not contain casein) prepared without milk or with vegan milk

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

V- vegetarian

P- pork free